

## ORAL GLUCOSE TOLERANCE TEST

### What is an oral glucose tolerance test (OGTT)?

This test is used to find out how your child's body uses insulin to control blood sugar (glucose) levels.

### What happens during an oral glucose tolerance test?

A baseline blood sugar level is obtained by withdrawing a small amount of blood from an IV tube catheter (tube). After drinking a liquid with a high sugar concentration another blood sample is taken, usually after two hours (from the same IV catheter). Your child's response to the sugar drink will help to determine if his or her body is using sugar normally. Other blood tests may be obtained at the same time.

### Is there any special preparation for this test?

Your child's oral glucose tolerance test has been booked for \_\_\_\_\_ AM on \_\_\_\_\_.

- This is a fasting test. Your child should not have anything to eat or drink for \_\_\_\_\_ hours before the test. No breakfast the morning of the test. *No food or fluids other than water until after the test is completed, unless otherwise instructed by your doctor or nurse.*
- Your child should eat normally for three days prior to the test.
- Please notify your doctor or nurse if your child is taking any medications or becomes ill before the test. **IF YOUR CHILD DEVELOPS A FEVER OR FLU SYMPTOMS, DO NOT COME TO THE HOSPITAL. PHONE THE TESTING ROOM NURSE AT 604 875-2345 LOCAL 7591.**
- If your child is afraid of needles, you can buy a non-prescription cream, such as EMLA® or AMETOP™ to numb the skin where the needle will be inserted. These products are available at most pharmacies and should be applied as instructed, one to two hours before the test.

### Where is the testing room?

Your child will be pre-registered by the clinic prior to the day of the test. Proceed directly to the testing room, called the Medical Investigation Facility (MIF). It is located in Room 2C30 (in the main red building) and is a part of the Medical Day Unit (MDU). Take the elevator from the

BC's Children's Hospital lobby to the 2<sup>nd</sup> floor. Upon exiting the elevator turn left, then right, and follow the yellow signs to MDU/MIF.

**What can we expect during the test?**

- The testing room nurse will insert an intravenous needle (IV). This IV will be used to collect all the blood samples during the test.
- The oral glucose tolerance test usually takes about two hours once the IV catheter is in place. Additional time before or after the test may extend your child's stay in the testing room; please take this into account when making plans for the day.
- Your child needs to remain fairly inactive during the test. You may wish to bring books or other quiet activities (music, games). A substantial number of videos are available for viewing. You may bring your own videos, provided that the rating does not exceed PG-13.

**When will the doctor have the results?**

The doctor will have the results in about a week. If the results are different than expected, your doctor will call you to discuss these in detail.