Oral Glucose Tolerance Test (OGTT)

What Is An Oral Glucose Tolerance Test?

The oral glucose tolerance test (OGTT) measures the body's use of glucose (sugar). Glucose is the body's main source of energy. Insulin (produced by the pancreas) helps the body use glucose. People with certain disorders do not produce or use insulin well; therefore, the body cannot use its glucose.

Before The Test

Please ensure that you tell the nurse and doctor if your child has any other condition, any allergies, or is on any other medication.

- Please bring your child to ____________________________________________
  ____________________________________________ at ____________ am.

- Please call __________________ if you are unable to attend for this appointment.

- Your child must have been fasting (have had nothing to eat or drink) from 12 midnight unless you have been told otherwise.

- Please bring along a toy, game, pushchair, etc. to ensure your child is comfortable and occupied throughout the test.

- Please bring a favourite snack with you for your child to eat after the test is finished.

- The test should take 2–3 hours.
What Does The Test Involve?

When you arrive the nurse or doctor will explain what the test involves in more detail. You will then need to sign a consent form before the test can begin. You can stay with your child throughout the test.

The doctor or nurse will use a spray or cream to numb an area of your child’s hand or arm. When the area is numb, a small plastic tube (cannula) is inserted into your child’s vein in order to take the blood samples for the test.

The test starts when the cannula is inserted and remains there until the end of the test. After the first blood sample is taken, a sugary drink is given to your child. The nurse will take frequent blood samples throughout the test.

Once the test is completed your child must have their snack. After your child has eaten and the nurse has checked that their blood sugar levels have returned to normal, the doctor or nurse will remove the cannula and you and your child can go home.
After The Test

Make sure you have an appointment to come back and see the doctor.

An endocrine nurse and doctor will review the results of the test before your child's next appointment. If you have any concerns or any further questions please contact the endocrine department on:

Tel.

If you have any further questions regarding oral glucose tolerance testing please contact your local healthcare professional.

OPEN-I incorporates the paediatric endocrine nurses from The National Children's Hospital, Tallaght, Dublin, Our Lady's Children's Hospital, Crumlin, Dublin, The Children's University Hospital, Temple Street, Dublin, and Cork University Hospital.