

Oral Glucose Tolerance Test with Growth Hormone Estimation

Your doctor has recommended that you have an Oral Glucose Tolerance test with measurement of growth hormone levels.

The aim of this leaflet is to provide you with information about the test so that you understand why it is being done and what to expect.

Note that other kinds of OGTT tests are done for reasons other than growth hormone measurement - the information in this leaflet is not applicable to those conditions.

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This leaflet can be made available
in alternative languages / formats
on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać
udostępniona
w innych językach/formatach.

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Why do I need to have this test?

The purpose of this test is to assess whether or not your pituitary gland is producing too much 'growth hormone'.

Growth hormone is produced by a small gland called the pituitary gland that lies at the base of the brain.

Should I fast or stop any medication prior to the test?

You need to fast overnight for this test ie only sips of water from midnight onwards.

You may however take your usual medications unless any of them have been specifically stopped by your endocrinologist.

If you have diabetes please let us know in advance.

What does the test involve?

You will need to attend the hospital for up to 4 hours for this test.

The nurse will explain the test, place a cannula (a small tube for blood samples) into a vein and take an initial sample for glucose and growth hormone levels.

You will then have an oral glucose drink.

Glucose suppresses growth hormone production.

You will have further blood tests for glucose and growth hormone levels at 30, 60, 90 and 120 minutes after you have the glucose drink.

The cannula will then be removed and you can go home.

You should be able to drive back home and undertake usual daily activities after the test is completed.

How will I find out the results?

Your Endocrinologist will write to your GP with the results of the test.

A copy of this letter will usually be sent to you also.

What if I need advice?

We have a secure confidential answer machine available and email service for patients requiring advice from the Endocrinology Nurse Specialist.

Messages will be assessed and returned in priority order.

The Endocrinology Nurse Specialist may be out of the office at times, so please leave a short message including your full name, hospital number and contact number and she will contact you as soon as possible, this may be on the next working day.

If your enquiry is a medical emergency please contact your own GP, 111, 999 or attend your local accident and emergency.

Further information?

You can contact the Endocrinology Nurse Specialist with any questions you may have.

If your enquiry is for the endocrinology medical team please contact their secretaries through the hospital switchboard.

The Endocrinology Nurse Specialist

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