

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.

St Helens Hospital,
Marshalls Cross Road,
St Helens,
Merseyside,
WA9 3DA
Telephone: 01744 26633

www.MerseyWestLancs.nhs.uk



Mersey and West Lancashire
Teaching Hospitals
NHS Trust

Oral Glucose Tolerance Test with Growth Hormone Estimation

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Author: Endocrinology Consultant
Department: Diabetes and Endocrine
Document Number: MWL2246
Version: 001
Review Date: 01 / 06 / 2027

Why do I need to have this test?

The purpose of this test is to assess whether or not your pituitary gland, that lies at the base of the brain, is producing too much growth hormone.

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

You need to fast overnight for this test i.e. only sips of plain 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 Specialist Nurse.

Messages will be assessed and returned in priority order

Further information

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

Endocrinology Specialist Nurse
Tel: 07881 928197