

Patient information

Oral Glucose Tolerance Test with Growth Hormone Levels

Diabetes and Endocrinology

What is an oral glucose tolerance test with growth hormone levels?

An oral glucose tolerance test with growth hormone levels is a test performed to diagnose condition called Acromegaly. Acromegaly is a disorder that develops when the pituitary gland secretes too much growth hormone. This test is performed when Acromegaly is suspected or to monitor the progress of your condition if you are already known or treated for acromegaly. The test involves series of blood samples taken after having a very sugary drink.

What are the risks of having?

Nothing significant related to the test as such.

Are there any alternatives available?

No

What will happen if I decide not to have the test?

We may not be able to confirm the cause of your symptoms

Preparation

If you are already on these medications they need to be suspended as suggested below.

- **Octreotide** LAR (long acting monthly injections) - the test should be booked just before the next injection is due.
- **Octreotide subcutaneous injections** - 24 hours before the test.
- **Bromocriptine** – 48 hours before the test.
- **Cabergoline** - one week before the test.

You need to fast from midnight before your test.

What happens during the test?

- On the day of your test a nurse will check your details and explain the test to you. You will be on the ward for about 2½ hours.
- A nurse will put a small tube (cannula) into your vein and blood samples will be taken from this. Which means you will not have to have lots of needles.
- We will take a blood sample to measure the level of growth hormone and glucose (sugar) in your blood. We will then give you a very sugary drink, which needs to be drunk within a few minutes.
- We will take further blood samples every 30 minutes for two hours to check your body's response.
- When the test is finished we will give you something to eat and drink. The cannula will be taken out and you will be able to go home straight away.

What will happen after the test?

- Once you have completed the test, the results will be reviewed by endocrine doctors and they will contact you directly if necessary.
- Further investigation and management will be discussed in the endocrine clinic.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

If you have any query or do need to speak to doctors please contact on call endocrine doctor via hospital switch board :

Tel: 0151 706 2000

Text phone number: 18001 0151 706 2000

If you have any worries or questions about the test or the date is inconvenient please contact the Medical Day Case Unit

Medical Day Case Unit

Telephone number: 0151 706 2396

Text phone number: 18001 0151 706 2396

Opening Hours:

07:30 – 20:00 Monday to Thursday

07:30 – 16:00 Friday

Royal Liverpool Hospital and Broadgreen Hospital

PI 996 V5

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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