

Patient information

Prolonged Oral Glucose Tolerance Test to Diagnose Reactive Hypoglycaemia

Diabetes and Endocrinology Speciality

Why do I need this test?

This test is performed when a condition called reactive hypoglycaemia also known as postprandial hypoglycaemia is suspected. This is a condition where one tends to drop the blood sugar within few hours following a meal. This is usually due to dysregulation in insulin secretion by pancreas.

The symptoms of hypoglycaemia usually include:

Sweating, feeling hungry and irritable, shakes, dizziness, palpitation, difficult to concentrate, confusion etc.

Are there any risks or side effects?

Nothing as such, but if you do have an episode of hypoglycaemia during the test, then you may notice the symptoms mentioned above.

What will happen if I decide not to have this investigation?

You need to discuss the implications of not having the test with your doctor in the endocrine clinic

Before the test

- You should preferably have been on a diet containing an adequate amount of carbohydrate (250g/day) for at least three days before the test so fasting and diet with very low carbohydrates should be avoided if possible just before the test.
- You should be fasting from midnight before the 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 four hours.
- A nurse will put a small tube (cannula) into your vein, blood samples will be taken from this. This means you will not have to have lots of needles.

- A blood sample will be taken at the beginning of the test and then every half an hour for up to four hours following a sugary drink.
- You will be given a snack at the end of the test especially if you have had hypoglycaemia.
- The cannula will then be taken out and you will be allowed home when your blood sugars are in the normal range and when you are safe to drive.

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

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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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