

Glucose Tolerance Test

Blood Testing Laboratory

Your attending physician has talked to you about undergoing a glucose tolerance test (OGTT). To undergo this test, you will go to the blood testing laboratory of the laboratory for clinical chemistry, haematology and immunology of Northwest Clinics. This leaflet contains information about the examination.

The examination may take place at one of the following 2 locations:

- **Alkmaar location**

Afnamelaboratorium, house number 035

Wilhelminalaan 12, 1815 JD Alkmaar

Telephone: 072 – 548 3650

- **Den Helder location**

Afnamelaboratorium, outpatient clinic number 32

Huisduinerweg 3, 1782 GZ Den Helder

Telephone: 0223 – 696 232

The person referring you will inform you of the exact location of your examination.

What is a glucose tolerance test?

A glucose tolerance test is used to test the functioning of the pancreas. It is tested, for example, if insulin is secreted properly.

When to come to the laboratory?

- *Alkmaar location: by appointment*

You need to make an appointment for the Alkmaar location. Please contact the blood testing laboratory to make an appointment. You can make an appointment on working days from 2:00 pm to 4:00 pm by calling 072 - 548 3650. If you made an appointment, you can draw a 'CITO number' at the blood drawing laboratory on the day of the examination. You will then be given priority.

- *Den Helder location: no appointment*

You need not make any appointment for the Den Helder location. The blood testing laboratory is opened from 7.00 am. Please come before 10.00 am.

Preparing for the test

- you may have to follow a diet. In that case, your attending physician (or nurse) will have notified you of this. It is important for your food to contain sufficient carbohydrates at least 3 days before the test

- some medicines may affect glucose sensitivity and must be discontinued before the test. Please discuss this with your attending physician (or nurse)

The night before the examination: fasting

The night before the examination, you must be nil by mouth from 10.00 pm onwards. This means that you must stop eating, drinking and smoking from that time. You are, however, allowed to drink 1 or 2 cups of water.

The day of the examination

On the day of the examination, you are nil by mouth and bring the following with you:

- the application form issued by your physician
- your identity document
- possibly a book or magazine, as you are not allowed to walk for 2 hours
- something to eat after the examination

The examination

During the examination, you are not allowed to smoke, eat or drink. You may be allowed to drink 1 glass of water. In order for the examination to go well, you should walk as little as possible and stay at the blood testing laboratory.

Glucose Tolerance Test

- your finger is pricked twice. After the first blood sample has been taken, the fasting blood sugar level (glucose) is measured. After that, you have to drink 300 ml of sugar water, which you have to finish within 5 minutes. The second blood sample is taken after 2 hours
- the examination takes 2 hours. After the examination, you can eat the food you brought with you and get a cup of coffee or tea

The results

Your attending physician (or nurse) will discuss the test results with you.

Accessibility

You can find the blood testing laboratory of Northwest Clinics:

- Alkmaar location: ground floor, house number 035
- Den Helder location: 1st floor, outpatient clinic number 32

Your questions

If you have any questions, you can contact the staff of the blood testing laboratory:

- Alkmaar location, on working days from 8:00 am to 5:00 pm, telephone 072 - 548 3650
- Den Helder location, on working days from 7:00 am to 5:00 pm, telephone 0223 - 69 6232