

# Oral glucose tolerance test for children

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## Information for patients

This information sheet answers some of the questions you may have about your child having an oral glucose tolerance test. It explains the risks and the benefits of the test and what you can expect when you come to hospital. If you have any other questions or concerns, please do not hesitate to speak to the doctors or nurses caring for your child.

### **Confirming your identity**

Before you have a treatment or procedure, our staff will ask you your **name and date of birth** and check your **ID band**. If you don't have an ID band we will also ask you to confirm your address.

**If we don't ask these questions, then please ask us to check.**  
Ensuring your safety is our primary concern.

## **What is an oral glucose tolerance test?**

The oral glucose tolerance test is a test to check your child's blood glucose (and hormonal) response to a sugary drink. It involves your child drinking a glucose (sugary) drink.

## **Why do I need this test?**

This test is used in the following circumstances to investigate:

1. Diabetes
2. Tall stature to exclude growth hormone (GH) excess
3. Small for gestational age (SGA) children before commencing on growth hormone
4. Cystic Fibrosis, done annually from 10 years of age for surveillance of cystic fibrosis related diabetes (CFRD)
5. Hypoglycaemia, done in cases where post prandial hyperinsulinism (PPHI) is suspected
6. Suspicion of Insulin resistance for polycystic ovary syndrome (PCOS), obesity, acanthosis nigricans, strong family history, insulin receptor defects and fatty liver disease.

It will give the doctors information about how to manage your child's health.

## **What are the risks of the test?**

There is a risk that your child may feel or be sick during the test, but this is rare.

## **Are there any alternatives?**

There are no alternative options to this test.

## **Consent**

We must by law obtain your written consent to any operation and some other procedures beforehand. Staff will explain the risks, benefits and alternatives before they ask you to sign a consent form. If you are unsure of any aspect of the treatment proposed, please do not hesitate to speak with a senior member of the staff again.

## **Who to contact?**

If you have any queries or concerns after your test, please contact the paediatric endocrine clinical nurse specialist.

Tel: 020 3299 1307

Monday to Friday 9.00am to 5.00pm

## **Do I need to prepare for my child's test?**

Your child must not eat after midnight the night before coming to the hospital but may have plain water to drink. **It is important to follow these instructions or we might have to cancel your child's test.**

## **What happens before my child's test?**

Your child will be admitted to Philip Isaac's Ward, the Children's Day Case ward with play facilities. They will be seen by a nurse who will check a few details and then measure your child's pulse rate, blood pressure, respiratory (breathing) rate and temperature. We will also measure their height and weight. A nurse will put a cannula (thin, plastic tube) into one of your child's veins (usually on the back of the hand or inside of their elbow). They will use a cold spray or a local anaesthetic cream to numb the area.

## **What happens during my child's test?**

- The test starts when the nurse takes the first small sample of blood from the cannula, and gives your child a glucose (sugary) drink.
- During this time your child will need to stay on the ward so that the nurses can monitor him or her and take blood samples at the correct time (usually every 30 minutes).

## **How long does the treatment take?**

The standard test will last 2 hours. It may last 3 hours if the test is investigating hypoglycaemia or tall stature. You will be asked to arrive for your child's appointment at 8.30am.

## **What happens after my child's test?**

- The cannula will be removed and a plaster applied
- Your child's test results will be given to you at your next outpatient appointment at the hospital. However, if there is a need for your child to start treatment before the appointment you and your child's GP (home doctor) will be contacted.

You can always contact the paediatric endocrine team by calling the clinical nurse specialist, on 0203 299 1307.

## **Details of additional sources of information**

### **The Child Growth Foundation**

Registered Charity No. 274325

2 Mayfield Avenue

Chiswick

London W4 1PW

Telephone: +44 (0)20 8995 0257 / 8994 7625

Fax: +44(0)20 8995 9075

Email: [cgflondon@aol.com](mailto:cgflondon@aol.com)

[www.heightmatters.org.uk](http://www.heightmatters.org.uk)

Children's Liver Disease Foundation (CLDF): [www.childliverdisease.org](http://www.childliverdisease.org)

Cystic Fibrosis Trust: [www.cysticfibrosis.org.uk](http://www.cysticfibrosis.org.uk)

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## **Sharing your information**

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

## **Care provided by students**

King's is a teaching hospital where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors.

They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

Tel: 020 3299 3601

Email: [kch-tr.PALS@nhs.net](mailto:kch-tr.PALS@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 3601.**

[www.kch.nhs.uk](http://www.kch.nhs.uk)

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Corporate Comms: 1275

King's College Hospital is part of King's Health Partners Academic Health Sciences Centre (ASHC), a pioneering collaboration between King's College London, and Guy's and St.Thomas', King's College Hospital and South London and Maudsley NHS Foundation Trusts.

For more information, visit [www.kingshealthpartners.org](http://www.kingshealthpartners.org) 