

Oral glucose tolerance test for diagnosis of too much growth hormone

Information for patients

Your endocrinologist has suggested we arrange a test to see if you are making too much growth hormone (acromegaly).

We enclose an appointment for this test. If the time is not convenient, please let us know so that we can rearrange this for you.

How can I prepare?

You should not eat anything from 10pm the night before the test. You are permitted to drink water as normal.

If you are taking any medications, you should miss these out on the morning of the test (except for hydrocortisone which should be taken as usual).

What does the test entail?

We will place a plastic needle into your arm for collecting blood samples. We will then give you a glucose drink (75g of glucose) to drink. We will take blood samples every half hour for 2 hours. After the last blood sample, we will remove the needle, and you will be offered breakfast. You can take your usual morning medications at this point so please bring these with you. You will then be free to go.

You should allow 2.5 hours for your appointment.

How will I get my results?

Your endocrinologist will be in touch with the results by telephone or letter. Tests usually take 3-4 weeks to be processed.