

## Glucose (Sugar) Tolerance Test

Your child's Glucose Tolerance Test is scheduled for (date) \_\_\_\_\_ at (time) \_\_\_\_\_  
in the Laboratory on the 2<sup>nd</sup> floor of the of Children's Hospital Clinics Building.

**Please stop at a Welcome Desk to get a badge and directions.**

### What is a Glucose Tolerance Test (GTT)?

The test is done to find out how the body handles glucose (sugar). If the body does not handle sugar like it should, it can cause diabetes. Untreated diabetes can lead to serious health problems.

### What is diabetes?

Children with diabetes have too much sugar in the blood. It does not go to the cells that need it for energy. Insulin is a hormone made in the pancreas. It helps move sugar out of the blood stream and into the cells.

If the body does not make enough insulin or the cells do not respond to the insulin that is made, too much sugar stays in the blood.

### How do I prepare for the test?

- Call Central Scheduling at **414-607-5280** or **877-607-5280** to make an appointment for the test. It is normally done in the morning.
- Three days before the test, your child should eat 3 to 4 servings of carbohydrates (carbs) at each meal. This helps the body prepare for the test. Foods high in carbs include: bread, cereal, rice, crackers, fruit, juice, milk, yogurt, beans, soy products, potatoes, and corn. Sweet foods and snack foods like soda, juice drinks, cake, cookies, candy, and chips are also high in carbs.
- **For 10 hours before the test your child should not eat**, but should drink a lot of water. If your child eats or drinks anything besides water, the test will be cancelled.

### How is the test done?

The test takes about 2 hours.

- A blood test is done to check the glucose level. If the test results show:
  - Glucose is in a safe range; your child will be given a sweet drink.
  - Glucose is in a high range, the test will be cancelled.
- Blood will most likely be drawn about 2 hours after the drink is done. Blood may also be drawn at other times before the test is over.
- Results of the glucose tests will be given to your child's doctor to see if your child has diabetes. Your child's doctor will contact you with the test results.



**Information note:** This test cannot be done on someone who is sick. Please call and cancel the test if your child is sick on the day of the test.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any concerns or if your child has special health care needs not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**