

Glucose Tolerance Test

Blood Testing Laboratory

Your attending physician has talked to you about needing to take a glucose tolerance test (OGTT). To take this test, you will need to visit the blood testing laboratory of the laboratory for clinical chemistry, haematology and immunology of Noordwest Ziekenhuisgroep. This leaflet contains information about this test.

Location

The test may take place at one of the following two locations:

- Alkmaar

Blood testing laboratory, house number 035

Wilhelminalaan 12, 1815 JD Alkmaar

Telephone: +31 88 085 3650

- Den Helder

Blood testing laboratory, house number 32

Huisduinerweg 3, 1782 GZ Den Helder

Telephone: +31 88 085 8020

What is a glucose tolerance test?

A glucose tolerance test is used to test the functioning of the pancreas. For example, it allows us to test whether insulin is secreted properly.

When to come to the laboratory

- Alkmaar: by appointment

You will need to make an appointment for our Alkmaar location. Please contact the blood testing laboratory to make an appointment. You can do so on working days between 14:00 and 16:00 by calling +31 88 085 3650. Once you have made an appointment, you can take a CITO number at the blood testing laboratory on the day of the test. You will then be given priority.

- Den Helder: no appointment required

There is no need to make an appointment for our Den Helder location. The blood testing laboratory is open from 07:00. We would appreciate it if you could arrive by 10:00.

Preparing for the test

- you may need to follow a diet. If so, your attending physician (or nurse) will have notified you of this. It is important that you eat sufficient carbohydrates at least three 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 evening before the test: nil by mouth

On the evening before the test, you must fast from 22:00 onwards. This means that you must stop eating, drinking and smoking from that time.

The day of the test

On the day of the test, you must be nil by mouth and bring the following with you:

- proof of identity
- the application form issued by your physician/nurse, if you have been given this
- possibly a book or magazine, as you are not allowed to walk for two hours
- something to eat after the test
- when you arrive at the laboratory, please take a CITO number

The test

You are not allowed to smoke, eat or drink during the test. If needed, you may be allowed to drink one glass of water. For the test to go well, you should walk around as little as possible and stay at the blood testing laboratory. If possible, please come into the hospital alone.

Glucose tolerance test

Your finger will be pricked twice. After the first blood sample has been taken, your fasting blood sugar level (glucose) is measured. Next, you will be asked to drink 200 ml of sugar water, which you will need to finish within five minutes. The second blood sample is then taken two hours later.

The results

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

Accessibility

The Noordwest Ziekenhuisgroep blood testing laboratory can be found in the following locations:

- Alkmaar: ground floor, house number 035
- Den Helder: first floor, house number 32

Your questions

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

- in Alkmaar, Monday to Friday between 08:00 and 17:00, by calling +31 88 085 3650
- in Den Helder, Monday to Friday between 07:00 and 17:00, by calling +31 88 085 8020