

PAEDIATRIC INSTRUCTIONS – GLUCOSE TOLERANCE TEST



If you have any English language difficulties, please ask staff to book an interpreter.

From home contact the Telephone Interpreter Service on 13 1450.

Services are provided free of charge. Ask staff if this information is available in your preferred language.

Background Information

This test is rarely required on a patient under 15 years of age and must be discussed with the Chemical Pathologist before proceeding, unless requested by an Eastern Health Paediatric or Endocrinology Consultant. A GTT can be done if the child is pregnant for diagnosis of gestational diabetes, or post-natal follow up 6 weeks after delivery.

This test measures the ability to handle an oral glucose load in a fasting state by measuring the plasma glucose 2 hours after ingestion.

Patient Instructions

- For 2 weeks prior to the test the child should be on a normal diet, if not document what type of diet and for how long. There is no need to avoid any particular foods in this time.
- The child should have normal activity in the last 2 weeks.
- The child is required to fast overnight. This means he/she should have nothing to eat from 11.00pm the night before the test. This includes chewing gum, lollies and tea and coffee. Unlimited amounts of water can be taken.
- No physical activity is permitted during the test. The child will not be able to walk around during the test. (Note the test will take 2.5 hours – keep in mind that you cannot leave the child unattended to fill a 2-hour parking meter.)
- This test is performed between 0800 and 1000 Monday to Friday.
- The child is weighed and weight recorded on GTT worksheet & request slip.
- At the commencement of the test a blood sample is taken and the fasting glucose checked.
- A glucose load according to the weight of the child (see table below) of chilled Carbotest is given to the child who should finish the drink within five minutes or as soon as possible, if the child takes longer than 5 minutes record time on GTT worksheet and request slip.

Child weight (kg)	Glucose (gram)	Drink (ml)
10	18	72
11	19	76
12	21	84
13	23	92
14	25	100
15	26	104
16	28	112
17	30	120
18	32	128
19	33	132
20	35	140
21	37	148
22	39	156
23	40	160
24	42	168
25	44	176
26	46	184
27	47	188
28	49	196

29	51	204
30	53	212
31	54	216
32	56	224
33	58	232
34	60	240
35	61	244
36	63	252
37	65	260
38	67	268
39	68	272
40	70	280
41	72	288
42	74	296
43	75	300

Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and will disclose information about you only when required by law. We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our Web site www.easternhealth.org.au
Eastern Health is accredited by the Australian Council on Healthcare Standards.

5 Arnold Street, Box Hill, Victoria 3128
1300 342 255

© Eastern Health 2014