

## Oral Glucose Tolerance Test

### Participant Information Sheet

#### THE BART'S OXFORD (BOX) FAMILY STUDY: Understanding the causes of

#### Type 1 diabetes

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### **Why have I been invited to have an Oral Glucose Tolerance Test (OGTT)?**

The blood sample you gave us in stage 1 has been tested for the presence of islet autoantibodies. This blood sample was found to have two or more islet autoantibody marker present which may mean you are more likely to develop type 1 diabetes than other people.

### **What would the OGTT involve?**

This test shows if your body is producing the correct amount of insulin required to break down sugars (glucose) present when blood sampling. If this test shows raised sugar levels this means that you are at increased risk of developing (or may have developed) diabetes.

The research nurse will put an IV (intravenous) line in a vein in your arm or hand. We will take all the blood samples from this line. If you wish, you can have a numbing cream before the IV line is put in place.

We will draw a blood sample from the IV line at the beginning of the test, then you will be asked to drink a sugary (glucose) drink. The drink has to be consumed within five minutes.

Blood samples will be drawn from the IV line at regular intervals during the next two hours. You will need to be still and resting during the test but you can read or use a computer etc. during this time.

The test will take approximately 2 ½ hours and the amount of blood taken will be about two tablespoons (30 ml). We will pay travel expenses if this test is arranged at a local hospital.

### **Do I need to do anything before the OGTT?**

**Medicines:** Please let us know if you're taking any prescription or over-the-counter medicine, some medicines may change the test results.

**Food:** For at least three days before the test please eat plenty (at least 150 grams of carbohydrates (starches and sugars). Most adults and children eat 150 grams or more in a

usual day so this probably will not mean a change in diet for you. Foods that contain carbohydrate include: Breads, pasta, rice, crackers, cereals, beans, potatoes, peas, corn etc.

**Drink:** The day before and the day of the test, please drink plenty of water, it will make it easier for us to draw your blood.

An OGTT needs to be carried out as a fasting test. This means that you cannot eat or drink anything other than water for approximately 10 hours before the test is carried out. For this reason the tests are always carried out in the morning, by 10 a.m. at the latest.

### **What is an HbA1c?**

An HbA1c is a blood test that measures a person's **average blood glucose level for the last 2-3 months before the test**. This blood sample is 2.5 ml (half a teaspoon) and will be collected through the IV line during the OGTT.

### **What are the possible benefits?**

There is no guarantee that you will benefit from having this test.

If you develop diabetes or raised blood glucose, our tests are likely to show this before you have symptoms. You can see your doctor and start taking insulin before you feel unwell. In the long run, information obtained from BOX and similar studies may lead to ways of preventing type 1 diabetes.

### **What are the possible risks?**

You could have discomfort and/or a bruise around the IV injection site. Once in a while, some people may feel faint. Some people may feel nauseous whilst they are drinking the sugary liquid during the test.

### **If you have any questions please contact:**

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