Your child’s health care provider has requested that your child have an IV glucose tolerance test. During the test, medicine is given to stimulate insulin release from the pancreas. This test is used to diagnose pre-diabetes, type 1 diabetes, and type 2 diabetes.

The time of the test can vary from 10 to 60 minutes. The following specific instructions are to help your child and family prepare for the day of the test.

Preparation for Testing Day:

1. Your child will need to fast (have nothing to eat or drink, except water, after midnight the night before the test). **Tell the scheduler if your child has a condition that does not allow fasting. A nurse will call you with instructions.**
2. If your child is taking medication such as Glucophage® (metformin), he will need to be off that medicine for at least one (1) week before the test **In that case, tell the scheduler so the nurse can call you to review your child’s medication(s).**
3. Your child may bring items such as DVDs, books, toys, blanket, etc. for entertainment and comfort during the test.
4. Have your child wear comfortable, warm clothing.

Testing Day:

1. An IV will be placed, most often in your child’s arm or hand. An IV is a small catheter (tiny tube) that is placed in your child’s vein. It allows us to take frequent blood samples during the test without hurting your child each time.
2. A baseline blood sample will be drawn from the IV.
3. IV dextrose (sugar) will then be given through the IV over 2 minutes.
4. Blood samples will be drawn from the IV as directed by your child’s physician. Normally, only 2 teaspoons of blood will be taken during the test.
5. The IV will be taken out at the completion of the test.
6. There may be some bruising, redness, or pain at the site of the IV. Warm compresses will help relieve any discomfort.

After the Test:

- Your child may return to normal activities as soon as desired after the test is completed.
- Resume your child’s medication(s) unless you are told otherwise.
- You may call your endocrine nurse for test results two business days after the test. (Test results will not be available during the weekend or on holidays.)
- Your nurse will share the results with the doctor and will contact you with recommendations.