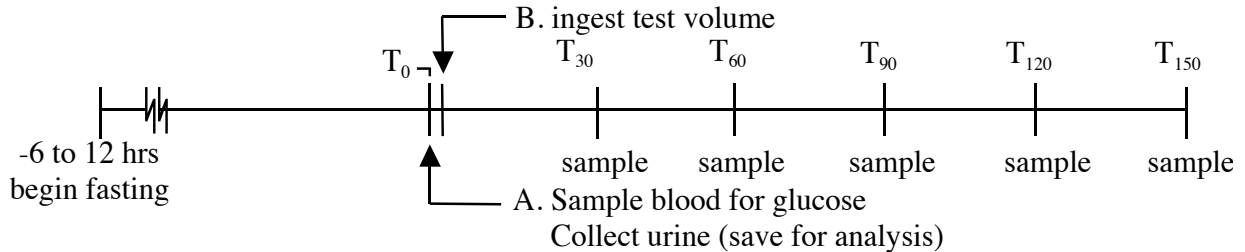


# 22

Name: \_\_\_\_\_

## Endocrine Physiology: GTT - Preparation Notes

Preparation for this experiment begins 24 hours prior to the start of the laboratory.



1. Volunteers should have fasted for 6 to 12 hours prior to the test and should be in good health.

**CAUTION:** Individuals who have diabetes, hypoglycemic episodes, or other medical conditions, or who have a need to eat at regular frequent intervals in order to maintain a sense of well being should NOT volunteer for this test.

2. Establish a baseline blood and urine glucose level in both the control and the experimental subjects. These values are the fasting glucose levels and represent the glucose levels at time zero (0) on your graph.
  - **Urine Glucose:** Obtain a fresh urine sample and test with a urine test strip following the directions on the container. Record all values paying particular attention to glucose and ketones.
  - **Blood glucose:** Wipe the side of the finger with an alcohol swab and obtain a drop of blood using a sterile lancet. Apply the drop of blood to the glucose test strip and place in the meter. Record the value indicated.

**Note:** Read the directions for use of the glucose meter carefully before use. The glucose meter is the major site of potential cross contamination between subjects!! DO NOT use this device until you are thoroughly familiar with it.

**CAUTION:** Blood is considered to be a biohazard, follow all safety precautions. Wear protective barriers (gloves, band-aids, safety glasses), work only in designated areas, never handle someone else's blood, never reuse materials, decontaminate everything that cannot be disposed of (i.e. 10% bleach).

3. Immediately have the experimental subject consume the glucose load (50 grams) while the control subject consumes an equal volume of water. The subjects should drink the fluid load within five minutes or less (as rapidly as possible without inducing nausea). Start timing.
4. Assay the urine and blood for glucose every thirty minutes following the glucose load as described above in step 2 (for both the experimental and the control subjects). Record your data below and in the summarized class data table (on the computer).