

Kristal Machado

Lab 8

Glucose tolerance test

PURPOSE:

The glucose tolerance test will show how the body the pancreas especially will respond to an excessive amount of glucose ingestion.

PROCEDURE:

Student will volunteer myself included and will fast 10-12 hours, I started fasting at 7:30 am and we started lab at 6:30pm so I had fasted about 12 hrs. We used a lancet to poke our finger to get our fasting glucose levels, once our numbers where obtained we drank a lemon-flavored solution (Tru-Glu) of 25% glucose, I drank a little more then half. We then had to repeat our finger poke every thirty minutes over an hour and a half. Lastly, we will record and graph the average of the students that volunteered.

RESULTS:

So, for my results in that hour and a half my numbers where increasing, it was not until that last thirty minutes they final came down a bit. I feel that my body absorbed all that glucose. Within in thirty minutes I was feeling nauseas and fatigue.

DISCUSSION:

My fasting glucose was 86 and increased to 190 in thirty minutes and within the hour raised to 254 and I was feeling it, finally at 90 min my glucose started to come down I was at 210 and I did start feeling a little better.

CONCLUSION:

Let me tell you I will probably never do this fasting glucose voluntary ever again. I was not feeling well at all and messed me up the rest of the night. Even the next morning I had a stomachache and just felt blah kind of felt dehydrated. I finally felt like myself around noon the next day.



