

Lab 8

Title: Glucose Tolerance test

Purpose: To determine how the blood's glucose level fluctuates after consuming glucose

Procedure:

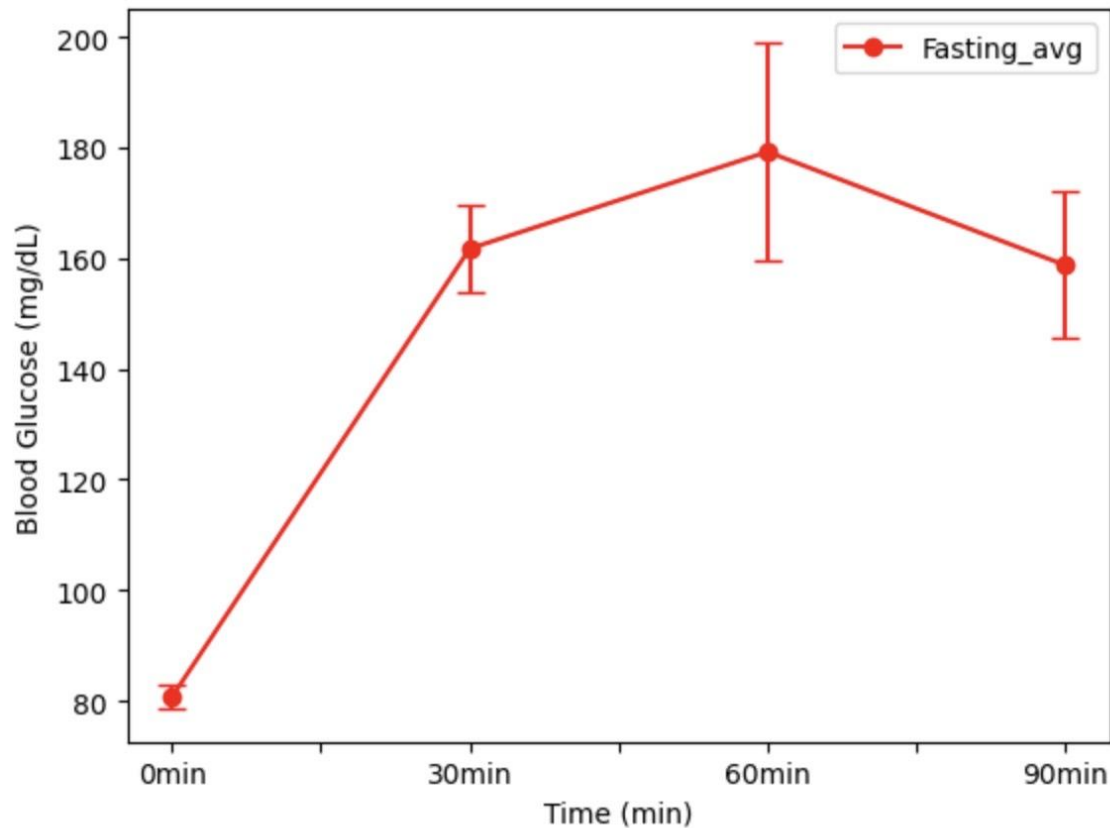
1. Six student volunteers were selected for this experiment. These subjects reported to the lab in their fasted state- not having eaten anything for 10 to 12 hours.
2. Each student's normal fasting blood glucose level was determined using the test strips for the glucometer assigned to each student. Each volunteer cleaned a finger with 70% alcohol, then used a sterile lancet to obtain a drop of blood for the test.

**** If a student was helping another obtain a blood sample, gloves and universal precautions will be followed.**

3. Each subject then drank a lemon-flavored solution (Tru-Glu) of 25% glucose. The quantity of solution was based on 1g of glucose per kilogram of body weight. To have determined body weight in kilograms, the weight in pounds was divided by 2.2.
4. After ingesting the glucose, the subject repeated the blood testing procedure every 30 minutes. Testing continued in this manner for 1 ½ hours or towards the end of the lab time period.
5. Results of the blood glucose test were recorded and graphed based on the average of the class.
6. The results were compared with the normal glucose tolerance test curve. The graphs were described in terms of absorptive and post absorptive states.

Results:

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	1_Fasting	2_Fasting	3_Fasting	4_Fasting	5_Fasting	6_Fasting	7_Fasting	Fasting_avg	Fasting_sem
Group									
0min	75	77	85	86	103	81	83	80.75	2.101587
30min	140	159	158	190	141	131	161	161.75	7.845988
60min	154	135	174	254	171	152	180	179.25	19.773419
90min	151	141	133	210	170	185	191	158.75	13.210295

Discussion: I gained a better understanding of how the body responds to a high glucose intake by doing the glucose tolerance test.

Conclusion: I was able to comprehend fasting and how post-glucose intake results might significantly increase within an hour and a half after completing the glucose tolerance test. Additionally, it varies based on the individual's weight.