

## PARENT GUIDELINES FOR TESTING

- We have recommended a series of tests to determine if your child may be at risk for weight related health risks, diabetes or future heart disease.
- These tests will help our staff determine the best plan of care for your child and ways of improving a healthy future.
- Because special equipment and training is needed to assure your child's tests are done correctly, the tests will be scheduled in our **Fort Worth Clinic**.
- While the time needed to complete all the tests varies, you should plan to be at the testing site for **approximately 3 hours**.
- It is important to bring a favorite book or other activity, to help your child occupy the 3 hour wait time between lab tests.
- It generally takes up to **2 weeks** for our Staff to receive the results of your child's test. Therefore you will be given a follow-up clinic appointment that allows our Staff time to receive and review our child's test results.
- During the follow-up visit you will meet with our Nutritionist and Endocrinologist to review your child's test results and discuss a plan of care.

To help detect potential health problems related to excessive weight gain, we have recommend that your child have the following test(s):

**BODY MEASUREMENTS** – Measurements will be taken of your child's height, weight, waist, hips and blood pressure.

**BIOELECTRICAL IMPEDIANCE** – This test estimates the percent of a child's weight that is fat vs. muscle. For an accurate measurement, the child should fast (i.e. nothing to eat or drink for 9 hours) prior to the test.

**FITNESS TEST** – Fitness is an important part of staying healthy. The child will be asked to perform a step test for approximately 3 minutes. Please have him / her dress comfortably & wear athletic type shoes.

**BLOOD TESTS** - A small sample of blood will be obtained from your child's arm. To provide the best information about your child's health, he/she should not eat or drink anything for 9 hours before testing, and should continue to fast until all testing is completed. Unless instructed to do other, all medications should be withheld until your child is ready to resume eating. Please notify our Staff if you have any questions or concerns. The blood test will help our C.A.R.E. Healthcare Team evaluate you / your child's risk for:

- ✓ **High blood fats**
- ✓ **Thyroid problems**
- ✓ **Markers of blood vessel inflammation**
- ✓ **Vitamin D**

### **Oral Glucose Tolerance Test**

The Oral Glucose Tolerance Test (OGTT) measures the body's use of glucose (sugar) and risk for diabetes. Glucose is the body's main source of energy. Insulin (produced by the pancreas) helps the body use glucose. People with certain disorders do not use or produce insulin well. Therefore, the body cannot use its glucose.

### **The Test**

Blood laboratory levels can be affected by food. Therefore, your child cannot eat or drink before the test. Your child should dress comfortably, since the test will last 2 hours. Upon arrival in the lab, a blood sample is obtained before and after drinking a sugar beverage (Glucola).

The lab will use the blood sample to measure glucose and insulin levels to determine if your child has or is developing diabetes.

1. Upon arrival, the child's blood sample will be taken from a vein using a small needle. Most often, this vein is in a hand or arm. Some child's complain of pain when the needle is placed. Others describe a prick or stinging sensation. A skin numbing cream can sometimes be used to decrease or eliminate the pain, if planned in advance. Ask your doctor if you feel this approach would be helpful to your child.
2. The child is then given a very sweet drink. It is important to finish this drink in 5 minutes.
3. Blood is tested again in 30 minutes and 2 hours. During that time your child should not have anything to eat or drink except water. Depending upon your child's age, may want to bring a favorite toy, book or other items to occupy his/her attention during the 2 hours wait.
4. When the test is finished, the child may resume his/her usual activities and diet.
5. The child should not feel any side effects from this test except for mild discomfort or stiffness at the site where the blood sample was obtained.

### **Next steps**

Test results are usually available within 2 weeks. Please be sure your child has a follow up appointment to discuss the test results with our R.E.A.C.H. staff. It is a good idea to write down any questions you may have so that they can be discussed during your child's follow up clinic visit. Our staff will offer

recommendations and assist you in developing a care plan aimed at helping your child achieve and maintain a heart healthy lifestyle.

**URINE TEST FOR PROTEIN** - Small to moderate amounts of protein in the urine (called albumin or microalbumin) may suggest a weight related “stress” on the kidneys. If present, early detection and treatment can often be corrected with medication. Please be sure your child is prepared to provide a urine specimen when you first arrive for testing.

**Questions? If you have any questions, please feel free to contact:**

**The R.E.A.C.H. Clinic**

Clinic hours 8:00 AM - 4:30 PM, Monday - Friday

Office number: (682) 885-7960

**Helpful Hints...**

- For your convenience, we will schedule your child’s test and clinic follow-up to discuss the test results and recommendations. It is important to attend both appointments. If you can not commit to both appointments at this time, please let our staff know when it would be most convenient to do so.
- Be sure your child does not eat or drink anything after 10PM the night before or on the morning of his/her test.
- Remember to bring a favorite book or other activity, to help your child occupy the 3 hour wait time between lab tests.
- The presence of younger siblings may limit your ability to pay attention. If possible make arrangements ahead of time for child care.
- Inform your employer/your child’s school of the dates/time you will be absent for your child’s test and follow-up clinic visit.
- Write down questions/concerns. We will be happy to address them during these sessions.