

Think Medicines!



Cambridgeshire and Peterborough
Clinical Commissioning Group

Issue 20
May 2017

Safety

Oral Glucose Tolerance Test (OGTT) for adult patient - Alternatives to Lucozade® Energy Original

The glucose content of Lucozade® Energy Original is changing. The new reduced content (available on shelves from April 2017) will contain 8.7g carbohydrate per 100ml¹. Therefore, to deliver a 75g glucose load would require in excess of 800mL of Lucozade.

This change in formulation makes Lucozade unsuitable for use in OGTT.

Practitioners are advised to change to an alternative with immediate effect, to avoid any confusion around glucose content of Lucozade whilst both old and new formulations are available. Of note, it appears that old and new formulation drink labels are indistinguishable from one another except for the nutritional content.

Several alternatives are available² and decision-making is likely to be based on local demand, convenience and cost. All preparations are suitable for use in pregnancy. *NB none of the suggested alternatives are listed in the Drug tariff.*

Suggested Alternatives to Lucozade® Energy Original

FIRST CHOICE - Rapilose® OGTT Solution

Preparation	Formulation	Instructions	Comments	Price
Rapilose® OGTT Solution	Liquid	<ul style="list-style-type: none">- Available in a ready-to-use 300mL pouch (containing 75g anhydrous glucose).- Patients with a body weight ≥ 43kg should consume the entire contents of one pouch*.	<ul style="list-style-type: none">- Rapilose® OGTT is classified as a nutritional or food product for a specific medical purpose and is not available for general consumption.- Local pharmacies can order it in via the usual wholesaler network e.g. AAH, Phoenix, Una Health or Galen (manufacturer) directly.	NHS price: £3.48 (300mL)

POTENTIAL ALTERNATIVES to Rapilose® OGTT Solution

Please note these potential alternatives (listed below) require specific measurement instructions to follow.

75g Anhydrous Glucose (glucose monohydrate BP 82.5g)	Powder	<ul style="list-style-type: none">- Available in ready-to-use 75g sachet.- Dissolve in 250mL water (to give final volume of 300mL).- Measuring jug is required to measure water.	<ul style="list-style-type: none">- Anhydrous glucose is classified as a GSL medicine.- Available to order in lemon flavour sachets, from local pharmacies via the usual wholesaler network e.g. Phoenix^Y.	NHS Price: £15.82 (75g)
Poylcal® (Nutricia)	Liquid	<ul style="list-style-type: none">- Sufficiently accurate measure vessel is required to measure 113mL (equivalent to 75g glucose).- Should be mixed with water to give a total volume of 250-300mL.	<ul style="list-style-type: none">- Poylcal® is listed under 'borderline substances' in the BNF & Drug Tariff.- Available to order in, from local pharmacies in either neutral or orange flavours.	NHS Price: £1.75 (200mL)

*Patients weighing under 43kg will need to have the appropriate quantity needed to be drunk, calculated by using an [online calculator](#).

Phoenix^Y has confirmed that this product is currently out of stock.

References:

- http://www.diabetologists-abcd.org.uk/Documents/DiabetesUK_nobleed_V2.pdf.
- <http://beta-bnf.nice.org.uk/treatment-summary/diabetes-mellitus-diagnostic-and-monitoring-devices.html>.
- Oral Glucose Tolerance Tests at Imperial College Healthcare NHS Trust Guidelines, version 1.0. 10th April 2017.

