

Glucose Tolerance Test

Patient Information Sheet

This test requires you to remain at the laboratory or collection centre for **up to 3 hours. You will be unable to fill a parking meter during this time.**

Phone the laboratory or closest collection centre to make **an appointment**. It is recommended that this test be performed in the morning (before 10.00 a.m.) and that you follow the instructions below in order for accurate results to be obtained.

Pre Test Preparation

The 3 day diet is desirable but not essential. For any patient whose doctor indicates that the diet is not required, please follow the Doctor's instructions.

Your diet should include a selection of the following:

- * Milk e.g. whole, skim and milk products e.g. yoghurt.
- * Vegetables e.g. potatoes, corn and peas.
- * Fruit and fruit juices.
- * Breads, cereals and starches.
- * Meat, cheese and fats.

for three days prior to the GTT.

Discuss your medication regime prior to and during the GTT test with your doctor.

You must fast (i.e. not eat or drink except water) for at least 8 hours (not more than 15 hours) prior to the test. On the day before your test, eat a normal evening meal, then **DO NOT** eat or drink anything (except water) after midnight. Continue fasting on the morning of your test (you may drink water, but no more than 2 glasses).

Smoking is not permitted for at least one hour before and during the test.

During the test

You will be required to remain in the collection centre for the duration of the test. This is because factors such as exercise, smoking and caffeine consumption can affect results of the test.

We suggest that you bring a book or magazine to read while you are waiting.

On arrival at the collection centre you will be asked to rest for 20 – 30 minutes before the test commences. This is to ensure the accuracy of your fasting sugar level. After this rest period a small blood sample will be taken. You will then be asked to drink a sweet glucose drink and blood will be collected at appropriate intervals after this time.

Postpone your test if you have:

- Eaten in the 8 hours before the test, or fasted for more than 16 hours.
- Recently experienced a period of acute illness or prolonged bed-rest. (In this case, postpone your test for 2 weeks.)
- Suddenly developed a cold, the flu, or gastritis.

The results of your test will be available to the requesting Doctor within 24 hours.

Appointment Date :

Time :

Collection Centre :

Phone Number :