

# GLUCOSE TOLERANCE TEST



PHONE: 09 574 7399

## PATIENT INSTRUCTIONS

### PLEASE MAKE AN APPOINTMENT FOR YOUR GLUCOSE TOLERANCE TEST Call 09 574 7399

1. The Glucose Tolerance Test is not performed on patients known to be diabetic.
2. You should remain on a normal diet for at least 3 days before your test.
3. Do not take any corticosteroid medication in the morning before your test. You can take other medications prescribed by your Doctor unless you have been told not to.
4. Inform the Phlebotomist if you have been unwell during the last 2 weeks.
5. The test should start no later than 10.00am.
6. You should remain relaxed before and during your test with normal quiet activity.
7. For accurate results you are asked to not smoke, eat or drink for 10 hours before your blood test and during the test.
8. A minimum of 10 hours fasting is required and no more than 16 hours.
9. If you are thirsty, you may drink **plain water only**.  
(No coffee, tea, milk, fruit juice, lemonade, alcohol, chewing gum or lollies)
10. An initial fasting blood sample will be collected and then you will be given a Carbotest drink. After 2 hours another blood sample will be collected.
11. You need to stay at the Collection Centre for the entire test, approximately 2½ hours, so bring some reading material or other activity to pass the time.

**For more information, please call 09 574 7399**