

## Patient Instructions for Glucose Tolerance Test

### General Test Information:

This test is used to diagnose Diabetes

This is a fasting test and requires you to stay at the Collection Centre for just over 2 hours.

During the test, you will have your blood taken 3 times over the 2 hours:

1. Fasting blood sample after which a glucose drink is given. The glucose drink is to be consumed within 5 minutes.
2. A second blood test will be collected after 1 hour of drinking the glucose drink followed by
3. A third blood test after the second hour of drinking the glucose drink.

### Patient preparation instructions

Maintain a normal diet with an adequate carbohydrate content and your usual physical activity at least 3 days prior to your test

Ensure you are fasting and have had nothing to eat or drink (other than plain water) overnight for 8 – 12 hours prior to having your test.

**DO NOT** fast for longer than 14 hours, as this may affect your results.

You may have water overnight to ensure good hydration.

Smoking, food or drinks are not permitted during the test.