



# Glucose tolerance test

This test measures how quickly a dose of glucose is cleared from the blood, and is used to diagnose diabetes.

The test requires you to remain at the Collection Centre for two hours. Wherever possible, an appointment should be made at a Collection Centre with an internal toilet as you are required to remain in the collection centre for the duration of the test. You may wish to bring a book or magazine to read while you are waiting.

## General guidelines:

- Before taking this test, you **MUST** fast (i.e. not eat or drink for at least 8 hours (but not more than 16 hours; if greater than 16 hours please consult the laboratory). On the day before your test, eat your 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).

**Fasting means that you eat and drink nothing except water for 8 –16 hours before your blood test (12 hours optimal).**

- It is recommended that you adhere to your current diet in the days prior to testing. A normal carbohydrate intake is optimal for the best assessment of glucose tolerance.

If you are on a low carbohydrate diet it is best for you to discuss the impact of your diet with your medical practitioner.

- For 8 hours before, and during, the test, avoid smoking and heavy exercise.

## Medication guidelines:

- Continue any medications you take on a regular basis. However, please inform the collection staff if you are taking any cortisone type medications (e.g. Prednisone) on the morning of your test.
- Please inform the collector if you are on a temporary course of medication. Some medications can affect the test results, and the collector may advise you to postpone your test or seek your doctor's advice.

## 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 gastroenteritis.