

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 at least 2½ hours.

Telephone the centre you intend visiting to see if an appointment is required. Numbers are on the back of your request form.

General guidelines:

- Before taking this test, you **MUST** fast (not eat or drink) for at least 10 hours - but no more than 16 hours.
- On the day before your test, eat your normal evening meal, then **DO NOT** eat or drink anything after 10pm, except water. Continue fasting on the morning of your test. You may drink water, but no more than 2 glasses.
- For at least three days before the fasting period, you **MUST** follow a diet with adequate carbohydrate content. For example a diet of cereal with milk and sugar; 4 slices of bread; a main meal with potatoes, rice, or pasta and 1 or 2 sweet biscuits.
- Three days before taking this test, **STOP** following any strict diet or weight-loss program. A low-carb diet may cause a false test result.
- 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 our 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 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 10 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, flu or gastritis.