

# Glucose Tolerance Test

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

This test is performed at all our collection centres, no appointments are necessary. As a fasting test, it will be a priority, so please inform the collector on arrival.

## General guidelines:

- Before taking this test, you **MUST** fast 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 except water, after 10pm. Continue fasting on the morning of your test. You may drink water, but no more than 2 glasses.
- For at least 3 days before the fasting period, you **MUST** follow a diet with adequate carbohydrate content. For example, a daily diet of cereal with milk and sugar and 4 slices of bread, main meal with potatoes, rice or pasta and 1 or 2 sweet biscuits.
- 3 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 taking any medications you are on. However, please inform our staff if you are taking cortisone type medications (e.g. Prednisone) on the morning of your test.
- If you are on a temporary course of medication, please inform the collector. Some medications can affect the test results, and the collector may advise postponing 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 acute illness or prolonged bed-rest (in this case, postpone testing for 2 weeks).
- Suddenly developed a cold, flu or gastritis.

For a list of current collection locations and opening hours go to

[clinipathpathology.com.au](http://clinipathpathology.com.au)



CLI-OP-PI-0015-00.1