

## Glucose Tolerance Test

2 Hour GTT – following 75g Glucose Load

### About your Test

- Your health professional has requested this test to help in the diagnosis of diabetes.
- You will need to telephone the Laboratory to make an appointment.
- You need to fast for **at least** 8 hours and **no more than** 14 hours before the test.
- You should enjoy your normal diet without restrictions, including sugar. Take your normal exercise for the 3 days prior to your test but avoid vigorous exercise in the 12 hours immediately prior to the test.
- If you are taking any medication you should continue to take this, unless instructed otherwise by your health professional.
- You will need to remain at the Collection Centre for just over 2 hours. During this time you will be required to rest. You may like to bring a book to read.

### Test Procedure

Please follow the guidelines listed below. This ensures the accuracy of your test results.

1. The evening before your test, have your normal evening meal (no later than 9.00pm).
2. Do not eat or drink anything - other than water - from 9.00pm the evening before your test until you have had your test the following morning.
3. On the morning of your test **DO NOT** eat breakfast. You may drink water only until just before your test, but not during your test.
4. A blood sample will be collected. You will then be given a drink containing 75g of glucose. You will be asked to drink this over a period of no more than 5 minutes.
5. You should inform the staff if you feel unwell at any time during the test.
6. A second blood sample will be collected 2 hours after you have finished the glucose drink.
7. This completes the test and you may eat and drink normally.