Collection of Glucose Tolerance Test

Special Requirements

- You are to remain on a normal, unrestricted diet for at least 3 days prior to the test.
- Include additional carbohydrates over the next 3 days.
- You have had no acute significant illness for 2 weeks prior to the test.
- Fasting is required for a period of 10-12 hours prior to the test - no food or fluids such as tea, coffee or fruit juice. You may have sips of water if you are thirsty.
- Due to the nature of the test, testing is generally done in the morning.
- Certain centres will require you to make an appointment.
- Maintain normal activity prior to the test.
- Avoid smoking for one hour before and during the test.
- Before drinking the glucose, please inform the collection staff if you have any allergies.

What to do during the procedure

- You must remain seated quietly during the test.
- You will be at the collection centre for a minimum of 2 hours.
- You are required to remain in the collection centre until the procedure is completed.
- Bring some reading material or other activity to pass the time.
- If you feel unwell during the test, please inform the collection staff as you may wish to lie down.

Caution

If insulin levels are requested with the GTT, the collection staff will take blood for this in a separate tube, at the same time each glucose blood sample is collected.

PATIENT INSTRUCTIONS
Further information: 1300 453 688 | ClinicalLabs.com.au