

Glucose Tolerance Test

Preparation

This test requires you to fast from midnight the night before the test until the test is completed. It is preferable to have the test completed in the morning.

- Do not eat
- Do not drink juice, tea, coffee, milk etc.
- Do not chew gum or lollies.
- Do not smoke

You may drink water, and we recommend you stay hydrated and take all regular medication.

Collecting the specimen

1. The first blood test is performed
2. You will be given 75g of glucose to drink.
3. Rest for 60 minutes before the second blood test is performed
4. Rest for another 60 minutes before the third and final test is performed.

You may use the bathroom during the testing period.

Equipment

None for this test



Safety Precautions

None for this test

Labelling the specimen

None for this test

Delivering the specimen

Test results will be sent to your requesting doctor and/or clinic you attend.

See next page for full list of collection centres