

Document Title:	Glucose Tolerance Test	
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Patients Instructions

- No appointment is necessary.
- Once the test has commenced, you are required to remain in the collection centre until the procedure is complete. This will be for a period up to 2.5 hours.
- You must be fasting; optimal fasting is for 10 – 12 hours. It is suggested that you fast from 10:00pm the night before. No tea, coffee or juice is allowed, only water is permitted.
- No smoking prior or during the test.
- Remain on a normal diet 3 days prior to glucose test.
- Patients attending for this test should have had no significant illnesses for the last 2 weeks.
- Testing is done in the morning.

Procedure

1. A fasting blood test is collected, and your glucose level will be checked prior to the test proceeding.
2. If the reading is <10mmol/L a glucose drink (containing 75g glucose) will be given to you. This drink must be consumed within 5 minutes in front of the pathology collector.
3. An hour after glucose has been consumed another blood test will be collected. Another blood test will be performed at the end of the second hour. Below is an example of the schedule.

Fasting sample taken at	8:05am
Glucose given at	8:10am
1 Hour sample collected at	9:15am
2 nd Hour sample collected at	10:15am

We suggest that you bring something with you to do while waiting at the collection center (e.g. magazine or book) as you must to remain seated at the collection centre for the entire procedure.

If you have any questions don't hesitate to contact Northern Pathology Victoria on (03) 8405 8181