

### Preparing for a glucose tolerance test

1. You have been requested to have a glucose tolerance test. Before the test you must eat a normal mixed diet for at least three days which contains normal amounts of carbohydrate (sugars).
2. The night before the test you must fast for at least 8 hours, this means you must not eat any food from about 11.00 pm and have no breakfast on the morning of the test. You may only have water to drink and must not chew gum or smoke.
3. For three days prior to the test and on the morning of the test, you should be active but avoid strenuous sport and excessive exercise. You should also avoid prolonged periods of inactivity and take some exercise every day especially if you are not active at work.
4. The test will be performed in the morning and takes about 2 ½ hours. You should take any medications you are on as usual (with water only) on the morning of the test EXCEPT any medications which need to be taken with food (e.g. anti-inflammatories or other drugs which are irritating to the stomach). These should be delayed until after the test. If you are not sure which medications can be delayed please check with your GP.
5. A blood sample will be collected from you for a glucose test.
6. You will then need to drink a glucose drink and wait for 2 hours. If you feel unwell during the test please let a staff member know.
7. While waiting you may walk around but should not perform any strenuous exercise, eat, chew gum or smoke.
8. After 2 hours another blood sample for a second glucose test will be collected. The test is now complete and you may eat and drink normally and take any medication you missed.

For all enquires please contact LabLink on 0800 522 7587  
<http://www.labplus.co.nz>

Patient information – Preparing for a glucose tolerance test – English

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