

## Glucose Tolerance Test – 2 Hour Standard

### Instructions to Patients:

Your appointment is for ..... am on .....

at our ..... Collection Centre.

### Pre-Test Preparation:

1. NO diet required. We suggest you eat the type of foods you normally eat.
2. You are required to fast for **eight hours** prior to the test – which usually means an overnight fast.
3. The maximum acceptable duration of a fast is **fourteen hours** – if the fast is longer than this, your referring doctor will be notified and consulted before the test is either rescheduled or carried out on the day.
4. During a fast, you must have nothing to eat or drink. Water is acceptable, but NO soft drinks, tea, milk, coffee or fruit juices may be taken during the fast.
5. NO SMOKING on the day of the test and until the test is completed.

### Information:

- On arrival at our Collection Centre, a blood sample will be taken from you by one of our trained collecting staff. You will then be asked to drink a sweet glucose drink and blood will be collected one and two hours later.
- Please note that you will be required to remain in the Collection Centre for the duration of the test. We suggest you bring a book to read to help pass the time.