

PATIENT INFORMATION SHEET

GENERAL INFORMATION

The glucose tolerance test (GTT) has been requested by your Doctor to check for diabetes. The test requires you to drink a glucose (sugar) solution and have blood samples collected over several hours.

An early morning appointment is usually required for the test as it is routinely performed after an overnight fast. If you attend a collection centre to make the appointment we will also check your blood sugar level at this time, as occasionally a very high sugar level is found and further testing is not necessary.

Dietary requirements

The food you eat may affect the result of this test. Therefore, it is recommended that for 3 days prior to the test you continue with your normal diet but ensure this includes a "high" carbohydrate intake (approximately 150 g of carbohydrate daily).

The diet can include bread, pasta / noodles and potatoes etc. An example of the minimum servings, which would be required each day, is as follows;

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| a. 3 slices of bread or bread rolls | AND |
| b. 1 serving of pasta, cereal or extra slice of bread | AND |
| c. 1 medium potato or 1 serving of rice | AND |
| d. 3 servings of vegetables | AND |
| e. 3 pieces of fruit | |

Continuing your normal daily routine and level of physical exercise is also recommended prior to testing.

You must NOT eat or drink anything, apart from water, for 10 -12 hours prior to the test. The test is usually performed early in the morning and we suggest you do not eat anything after 10 o'clock the evening before the test.

COLLECTION PROCEDURE

1. On arrival at the collection centre we will collect a fasting blood sample.
2. We next give you a glucose (sugar) drink that contains a measured amount of sugar.
3. Blood samples will be collected at hourly intervals for the next 2-3 hours. In total you will usually have 3 blood samples collected but occasionally your Doctor may request a variation to the test and you may have a different number of blood tests. Our collector will discuss this with you prior to commencing the test.

During the test we recommend you remain in the collection centre and do not smoke. After the glucose drink you may drink water if you wish.

Occasionally patients do not tolerate the glucose drink and become nauseous, but this is extremely rare. No other significant side effects are usually encountered during the test.

If you have any additional questions or require further information please contact one of our pathology collectors at the room you attended or the collection Co-ordinator at the Central Laboratory on 9736 7000.