



## Glucose Tolerance Test

This test is used to diagnose diabetes by measuring how quickly a dose of glucose is cleared from the blood.

**This is a fasting test and needs to be done in the morning. This test requires you to stay at the collection centre for 2 hours and 15 minutes from the time you are attended to.**

Please allow enough time for the test to be finished before the collection centre closes, especially on the weekend; please check our website – [www.mps.com.au](http://www.mps.com.au) for collection centre locations and opening hours.

[See patient preparation instructions overleaf](#)



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### Patient preparation instructions

1. Ensure you maintain a normal diet with an adequate carbohydrate content and your usual physical activity at least 3 days prior to your test.
2. Ensure you have had nothing to eat or drink (other than plain water) overnight for 8 – 12 hours prior to coming in for your test. DO NOT fast for longer than 15 hours, as this may affect your results.
3. Water is allowed anytime overnight. Please maintain adequate level of plain water consumption to ensure good hydration.
4. Upon arrival at the collection centre, make the pathology collection staff aware of the test you require. This doesn't mean they will attend to you next, but they are then able to manage the flow of patients with your test in mind.
5. Be aware that the pathology collector will ask you to provide a urine sample at the beginning of the procedure.
6. Smoking, food or drinks are not permitted during the test.
7. During the test, you will have your blood taken 3 times over the 2 hours. After the fasting blood sample is taken, you will be given a glucose drink. Please finish the drink in a maximum of 5 minutes. You will then have your blood collected 1 hour and then 2 hours after the drink.