

# GLUCOSE TOLERANCE PATIENT INSTRUCTIONS

This test is to assist in diagnosis of Diabetes.

## Preparation:

Unless your doctor advises otherwise, continue to take any prescribed medication.

This test is not performed on patients already diagnosed with diabetes

Maintain your normal diet for at least 3 days before the test.

For accurate results, do not smoke, vape, chew gum, eat, or drink anything except water for 8–12 hours before and during the test.

Have your evening meal no later than 9:00 pm the night before your test.

Avoid vigorous exercise on the morning of your test.

You will need to stay at the Collection Centre for just over 2 hours and will be asked to rest during this time

## Collection Procedure:

1. On the morning of your test, do not eat breakfast. You may sip water during the test
2. A fasting blood sample will be collected.
3. You will then be given a carbonated glucose drink, which must be consumed within 5 minutes
4. After drinking, rest for 2 hours at the Laboratory; you must remain on-site during this time
5. Inform the attending phlebotomist immediately if you feel unwell at any time during the test.
6. A second blood sample will be collected 2 hours after the glucose drink.

This completes the test, and you may drink and eat normally

***Your results can only be obtained from the requesting doctor***

Please refer to our website for additional information

[www.pathlab.co.nz](http://www.pathlab.co.nz)

or alternatively contact

07 858 0795