

GLUCOSE TOLERANCE PATIENT INSTRUCTIONS

This test is to assist in the diagnosis of Diabetes.

It is important to follow these instructions carefully to ensure
your test results are accurate.

Preparation:

- Unless your doctor advises otherwise, continue to take any prescribed medication.
- This test is not performed on patients known to be diabetic
- You must remain on your normal diet for at least 3 days before your test.
- For accuracy of results, you are asked not to smoke/vape, chew gum, eat or drink (water is fine) for 8-12 hours prior and during the test.
- Have your evening meal before your test no later than 9.00pm
- Please avoid rigorous exercise on the morning of your test.
- You will need to remain at the Collection Centre for just over 2 hours. During this time, you will be required to rest.

Collection Procedure:

1. On the morning of your test DO NOT eat breakfast. You may sip on water during your test.
2. A fasting blood sample will be collected.
3. You will then be given a carbonated drink containing a form of glucose and you are required to drink it within 5 minutes.
4. You then need to rest for 2 hours, remaining at the Laboratory rooms during that time.
5. Please advise your attending phlebotomist 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

If you have any problems, please contact one of the following:

Waikato
07 858 0799

Bay of Plenty
07 578 7073

Whakatane
07 306 0906

Rotorua
07 348 2106

Taupo
07 376 5103
07 376 1045

WHAKAMAHI KAUPAPA KAUPAPA (Glucose Tolerance Test)

Ko tenei whakamatautau he awhina ki te whakatau i te mate huka.

He mea nui ki te whai i enei tohutohu ki te whakarite
he tika o hua whakamatautau.

Te Whakarite:

- Ki te kore he tohutohu a to taakuta, haere tonu ki te tango i nga rongoa kua tohua.
- Kaore tenei whakamatautau e mahia ki nga turoro e mohiotia ana he mate huka
- Me noho tonu koe ki to kai mo te 3 nga ra i mua i to whakamatautau.
- Mo te tika o nga hua, ka tonohia koe kia kaua e kai paipa/vape, ngaungau kapia, kai, inu ranei (he pai te wai) mo te 8-12 haora i mua me te wa o te whakamatautau.
- Me kai to ahiahi i mua i to whakamatautau i mua i te 9.00pm
- Tena koa karohia nga mahi kaha i te ata o to whakamatautau.
- Me noho koe ki te Whare Kohinga mo te 2 haora neke atu. I tenei wa, ka hiahiatia koe ki te okio

Te Tikanga Kohinga:

1. I te ata o to whakamatautau KAUA e kai parakuihi. Ka taea e koe te inu i te wai i te wa o to whakamatautau.
2. Ka kohia he tauira toto nohopuku.
3. Ka hoatu ki a koe he inu warowai kei roto he momo hukahuka, me inu koe i roto i te 5 meneti.
4. Me okioki koe mo te 2 haora, ka noho ki nga ruma Laboratory i taua wa.
5. Tena koa tohutohu atu ki to kai-whakamatautau mena kei te ngoikore koe i nga wa katoa o te whakamatautau.
6. Ka kohia he tauira toto tuarua 2 haora i muri i te inu huka

Ka oti te whakamatautau, ka taea e koe te inu me te kai noa.

Your results can only be obtained from the requesting doctor

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