Oral Glucose Tolerance Test (Patient Information)

You have been asked to have a oral glucose tolerance test on……………………………………………………………..

Here is some information for you to read.

What is Oral Glucose Tolerance Test?
This test is find out how well your body absorbs and uses sugar (glucose)

What do I need to do before the test?
- For at least 3 days before the test, you should have an unrestricted diet (rich in carbohydrates)
- Diets with reduced calories can cause incorrect test results
- The evening before the test, you can have your normal meal and then fast for 12 hours before your appointment for the blood test
- During the fasting period, please do not eat, chew gum or drink anything except water.

What do I need to do on the day of the test?
- Please take this information sheet with you and report to the reception on arrival
- One of our staff nurses will take you to the blood test room
- A 5 ml of blood will be obtained from you
- You will be given a sugar drink
- A second blood test will be obtained in exactly 2 hours later
- You will be advised to have some snack before you leave the unit

What do I need to bring on the day of the test?
- a snack
- Something to read
- Enough coins for parking for a period of 3 hours