



# Patient Information Sheet

## Glucose Tolerance Test

### An appointment is necessary for this test

Your doctor has referred you to have a Glucose Tolerance Test (GTT).

The test will take approximately 2 ½ hours and we request that you remain in the collection centre for the duration of the test. It is advisable that you bring along some reading material to pass the time. Continue to take any medication that you are currently prescribed. If in any doubt, please do not hesitate to contact your nearest collection centre.

- Please contact the collection centre most convenient to you in order to arrange your appointment.
- To ensure reliable test results, you should follow your usual diet for the three days prior to testing.
- You will be required to fast for 12 hours prior to your test. Only water and usual medication should be taken during this time. Whilst fasting, please drink a sufficient amount of water through the night and on the morning of test to ensure adequate hydration.
- Whilst fasting please do not smoke, chew gum, or drink tea or coffee as this will affect the accuracy of the result.
- On the day of your test please collect the second urine specimen of the morning into the sterile yellow topped urine container provided. This may be collected at home or at the collection centre. Please record your full name, date of birth, time and date of collection on the container. The test cannot commence without a urine specimen.
- On arrival at the collection centre you will be asked to rest for 20-30 minutes before the test commences. This is to ensure the accuracy of your fasting sugar level.
- A fasting blood specimen will be taken. You will then be given a 75g glucose drink. A further 2 blood specimens will be taken at hourly intervals.

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For further information or to make an appointment, please contact your nearest Collection Centre

Updated Collection Centre details may be found:

- On the reverse of your request form
- Website: [www.capitalpath.com.au](http://www.capitalpath.com.au)
- Phone: 02 6285 9800