

Glucose Tolerance Test

An appointment is required for this test. Please phone your nearest Tasmanian Medical Laboratories collection centre to make arrangements.

ON THE NIGHT BEFORE THE TEST

- It is important to eat a normal dinner, however, please do not eat, chew gum or drink any fluids (except water) for at least 8 hrs before the test. It is preferable you do not fast for more than 12 hrs.
- Water with no additives can be consumed as needed/desired.
- Record your height and weight.
- Record any recent and current medication.

ON THE MORNING OF THE TEST

- Bring the list of medications, and height and weight details with you.
- Do not physically exert yourself prior to or during the test (including brisk walking to the clinic).

- Avoid smoking for an hour prior to and during the test. If this is not possible, please inform staff.
- As acute illness can temporarily affect glucose tolerance, if you are ill within 3 – 4 days of the test, contact your doctor to ask whether they want you to proceed, or to postpone the test until you have recovered.
- You are required to drink a glucose solution within 5 minutes. This will be provided by the collection centre.

The test will take approximately 2 hours. On some occasions the length of the test may be extended. Your doctor will specify if this is the case.