



PATIENT INFORMATION SHEET FOR

GLUCOSE TOLERANCE TEST (GTT)

PURPOSE OF TEST:

Used in the diagnosis of Diabetes Mellitus

PREPARATION FOR THE TEST

1. You should have an unrestricted diet containing at least 150g of carbohydrates per day over the three (3) days preceding the test. ***Foods include:*** Few slices of bread, cereal, porridge, spaghetti, potatoes and rice. Also try to have at least two to three servings of fruit and vegetables daily.
2. You should fast (no food or energy supplying substances) for at least eight hours prior to the test (but no longer than 16 hours). Small amounts of water are permitted during this period and during the test procedure.

Please note: It is preferred that the patient makes an appointment for this test at the collection centre in which they will have the procedure performed.

TEST PROCEDURE

1. All tests are preferably done in the morning because of variations in sugar levels during the course of the day.
2. On arrival, a fasting blood is collected.
3. Following this, you will be given a glucose (sugar) drink. You should drink all the liquid over a period of no more than five (5) minutes.
4. One blood sample is collected at 60 minutes after drink.
5. Another blood sample is collected after 120 minutes (2 hours) after drink.

NOTE:

1. You should not have the test if you are ill or if you are known to have diabetes mellitus.
2. Drugs such as steroids, oral contraceptives, diuretics, nicotinic acid, thyroid hormones, Dilantin, including high doses of Ascorbic acid can all affect GTT. In any of these cases it is advised that you receive advice from your doctor.
3. Smoking is not permitted during the fasting period and throughout the duration of the collection procedure.
4. You will be required to stay at the Collection Centre for the 2 hour duration of the test. Any form of exercise (walking) and caffeine can affect the results of the test and should be avoided.

For further information speak directly with the attending pathology collector or by contacting the main laboratory Customer Service Department on 1300 265 000.