

GLUCOSE TOLERANCE TEST

An appointment is required for this test. Please phone your nearest QML Pathology collection centre to make arrangements.

Preparation

For three days prior to your test you should have an adequate intake of carbohydrates equivalent to the following (as a minimum) each day:

- 4 slices of bread, 1 plate of cereal and 2 medium potatoes.
If you are on a reduced, special or low-calorie diet, please inform the collection centre staff.

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 hours before the test. It is preferable you do not fast for more than 12 hours.
- Water may be consumed (recommended intake - slightly more than usual).
- 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 then please inform staff.
- You are required to bring a specimen of urine, however, do not bring the first specimen of the morning.
- You are required to drink a glucose solution within 5 minutes. This will be provided by the collection centre.

The test will take approximately 2.5 hours (half an hour rest prior to test and two hours test time). On some occasions the length of the test may be extended. Your doctor will specify if this is the case.

For a full list of our collection centres and their opening hours please visit www.qml.com.au or call your local QML Pathology laboratory.