



Glucose Tolerance Testing

Pre Test Patient Information

THIS TEST REQUIRES YOU TO STAY IN THE SURGERY FOR THE FULL 2 HOURS FOR THE DURATION OF THE TEST, PLEASE ENSURE YOU ARE ABLE TO DO THIS ON THE DAY BOOKED FOR YOUR TEST.

Your doctor has advised that you need to have a glucose tolerance test. The purpose of this test is to ensure that patients are correctly diagnosed with Diabetes. You will have to make 2 appointments with a Health Care Assistant 2 hours apart.

- You should fast for at least 10 hours prior to the test, only sips of water are permitted during this time
 - You will be asked not to smoke for duration of test period (2 hours)
- No morning meds should be taken prior to test, they should be taken after test is complete
- You will have to stay in the surgery area for 2 hours during test period so that any exertion does not give false results etc. Please ensure you have nothing planned for the duration of your test and bring something along to the surgery to do for the rest period of the test.
- You must bring 500mls **Standard Lucozade Energy Original** for test which will have to be consumed within 5 minutes after the first blood test; if you prefer the Lucozade to be less gassy you can take the lid off to allow the gas to escape (can be done the night before)
- After 2 hours and the second blood test has been done, you will be free to leave the surgery and eat as normal. All morning medication can then be taken.

