

2 Hour Glucose Tolerance Test

YOU MUST PHONE THE LABORATORY FOR AN APPOINTMENT

New Plymouth	758 7450 option 1
Stratford	765 6229
Hawera	278 4880

ABOUT YOUR TEST

- > Your doctor/midwife have requested this test to help in the diagnosis of diabetes.
- > For your glucose tolerance test we require you to fast (not eat or drink anything other than plain water for 12 hours prior to your test).
- > You will need to remain at Taranaki Medlab for just over 2 hours.
- > During this time you will be required to rest. You may like to bring a book to read.
- > You will not be able to eat during your test, but will be able to drink water.
- > You must not smoke during your test.
- > Your test results will be sent to your doctor within 24 hours.

THE PROCEDURE

Phone the laboratory to make an appointment.

For at least 3 days before your test:

- > Enjoy your normal diet without any restrictions, including sugar, and take your normal exercise.
- > Continue with your normal medications unless your doctor advises otherwise.
- > On the evening before your test do not have anything to eat after 8.00pm. You may drink water only.
- > On the morning of your test do not eat breakfast – you may drink water.
- > Continue with your normal medications unless your doctor advises.
- > When you first arrive at Taranaki Medlab a blood sample will be collected.
- > You will then be given a drink containing 75g of glucose. You will be asked to drink this within 3-4 minutes.
- > Please tell a staff member if you feel unwell at any time during your test, e.g. if you feel drowsy, dizzy or nauseous.
- > Further blood samples will be collected at 1 hour and 2 hour intervals.
- > This completes your test and you may eat and drink normally.

If you require further information regarding your test procedure, please telephone Taranaki Medlab:

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