

GLUCOSE TOLERANCE TEST PATIENT INSTRUCTIONS

This test is to assist in the diagnosis of Diabetes.

It is important to follow these instructions carefully to ensure your test results are accurate.

Preparation:

- Unless your Doctor advises otherwise, continue to take any prescribed medication.
- On the evening prior to your test, do not eat anything after 8.00pm.
- **Do not smoke from 8.00pm until after your test.**
- On the morning of your test, have nothing to eat or drink except water.
- Please avoid rigorous exercise on the morning of your test.

Collection Procedure:

1. The test commences with a blood sample being collected.
2. You will be given a carbonated drink containing a form of glucose and you are required to drink it within 5 minutes.
3. You then need to rest for 2 hours, remaining at the Laboratory rooms during that time.
4. Please advise your attending phlebotomist if you feel unwell at any time during the test.
5. Another blood sample will be collected 2 hours after the glucose drink. The test procedure is then completed.

If you have any problems, please contact one of the following:

Waikato
07 858 0799

Bay of Plenty
07 578 7073

Whakatane
07 306 0906

Rotorua
07 348 2106

Taupo
07 376 5103
07 376 1045