

---

**Procedure Name:** VHSD – Patient Instructions – Glucose Tolerance Test (2-Hour GTT)  
**Originating Department:** Virtus – Diagnostics – Hurstville Laboratory

---

## **GLUCOSE TOLERANCE TEST ( 2-HOUR GTT )** **INSTRUCTIONS TO PATIENTS**

Your appointment is for \_\_\_\_\_am  
on \_\_\_\_\_ at our \_\_\_\_\_ Collection Centre.  
Start your diet on \_\_\_\_\_ Day \_\_\_\_\_ Date

### **PRE TEST PREPARATION:**

1. For the **three (3) days before your test**, you must make sure that you eat “high carbohydrate” meals.
2. We suggest you eat the foods you normally eat, but try and include the following foods.
  - 3 slices of bread or toast (or 1 or 2 bread rolls)
  - and 1 serving of breakfast cereal, porridge, spaghetti or extra slice of bread
  
  - and 1 medium potato or 1 serving of rice
  - and 3 servings of vegetables
  - and 3 pieces of fruit.

You should also try and eat 2 plain biscuits or 1 scone or 1 slice of bread in both a mid-morning and mid-afternoon snack.

Children who are too small to be able to eat all of the above foods should eat whatever they can comfortably manage.

---

**IMPORTANT NOTE:**

While on the 3 day high carbohydrate preparation, if you should become very unwell, or notice that you are losing weight, feeling drowsy, very thirsty and are passing large amounts of urine, please contact your referring doctor.

3. Do **NOT** have anything to eat or drink (**except tap water**) for 12 hours before the time the test is due to begin. **Please bring a specimen of urine with you on the day of the test.**
4. **NO SMOKING** on day of test and until test is completed

**DURING THE TEST:**

5. On arrival at our collection centre, a blood sample will be taken from you by one of our trained collecting staff. You will then be asked to drink a sweet glucose soft drink and blood will be collected one and two hours later. May we suggest you bring a book to read help pass the time. **You must remain at the collection centre for the duration of this test.**

Please telephone us on 9570 2211 if you are uncertain about any of these instructions.

THANK YOU FOR YOUR CO-OPERATION

---