

PATIENT INSTRUCTIONS GLUCOSE TOLERANCE TESTS

1. Fast for 10- 12 hours before the test (NEVER FAST OVER 16 HOURS!)
2. You may have water
3. You may have essential medications
4. If you breast feed express milk before the test begins or feed your baby before the test begins.
You cannot breast feed during the test.
5. You can make an appointment for the test although this is not essential.
6. A glucose tolerance test for suspected hyperglycaemia will take 2 hours.
7. A glucose tolerance test + insulin's will take 2 hours & you MUST fast for at least 12 hours.
8. A glucose tolerance test for hypoglycaemia will take 5 hours.

WHAT TO EXPECT

1. You will have your height & weight measured & this will require that you remove your shoes.
2. A fasting sample of blood will be collected from you.
3. You will then be given a 300ml bottle of glucose to drink (similar to lemonade).
4. You will be asked to drink the complete bottle of drink within 5 minutes.
5. A clock with an alarm will be started as soon as you drink the last mouthful of glucose & this will be set for 2 hours (for suspected hyperglycaemia) or 1 hour (for suspected hypoglycaemia)
6. **YOU WILL BE REQUIRED TO REST DURING THIS WAITING PERIOD & NOT EAT OR SMOKE.**
7. You may drink water only.
8. When the alarm sounds you will have another sample of blood taken.
9. If you are being tested for suspected hypoglycaemia you will have hourly blood samples taken for the 5 hours duration of the test.
10. If you are having insulin levels taken with your glucose tolerance test you will have your blood taken hourly.
11. Remember to bring you reading glasses if you use them because it is essential that you check your name on each sample collected.
12. You can expect your results to be back at your doctor's surgery within 2 working days.