



## PATIENT INFORMATION SHEET FOR THE COLLECTION OF GLUCOSE TOLERANCE TEST (GTT)

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### PURPOSE OF THE TEST:

Used in the diagnosis of Diabetes Mellitus

### PREPARATION FOR THE TEST:

1. You should have an unrestricted diet containing at least 150g of carbohydrates per day over the three (3) days preceding the test. **Foods include:** Few slices of bread, cereal, porridge, spaghetti, potatoes and rice. Also try to have at least two to three servings of fruit and vegetables daily.
2. You should fast (no food or energy supplying substance) for at least eight hours prior to the test (but no longer than 14 hours). Water is permitted during the fasting period.
3. You should not have the test if you are ill or if you are known to have diabetes mellitus.
4. Drugs such as steroids, oral contraceptives, diuretics, nicotinic acid, thyroid hormones, Dilantin, including high doses of Ascorbic acid can all affect GTT. In any of these cases it is advised that you receive advice from your doctor.
5. Smoking is not permitted during the fasting period and throughout the duration of the collection procedure.
6. You will be required to stay at the Collection Centre for the 2 hour duration of the test. Any form of exercise (walking) during the test period should be avoided.
7. Small amounts of water are permitted during the test procedure (<100mL/half cup).

**Please note:** It is preferred that the patient makes an appointment for this test at the collection centre in which they will have the procedure performed.

### METHOD OF COLLECTION:

1. All tests are preferably done in the morning because of variations in sugar levels during the course of the day.
2. On arrival, a fasting blood is collected.
3. Following this, you will be given a glucose (sugar) drink. You should drink all the liquid over a period of no more than five to ten (5-10) minutes.
4. One blood sample is collected at 60 minutes (1 hour) after the drink.
5. Another blood sample is collected after 120 minutes (2 hours) after drink.

For further inquiries or additional information regarding this testing procedure you can either speak directly with the attending pathology collector or by contacting the main laboratory Customer Service Department on 1300 633 522.

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