

# PATIENT INFORMATION

## Glucose Tolerance Test (GTT)

Please phone SA Pathology on 8222 3000 to make an appointment for this test.

### Preparing for your test

This test measures how well your body uses glucose (sugar). For this test to be accurate *do not change your normal eating patterns in the week prior* to the test.

You will need to fast from the night before because the test is conducted first thing in the morning.

If you work night shift we can negotiate a time that suits you.

### Please follow these instructions carefully

1. You *must* fast for 10 hours before the test.  
(*maximum fasting time is 16 hours*)
2. Your appointment will usually be around 9.00am, this means *nothing to eat* from 11.00pm the night before. You may *drink water only*.
3. Smoking can influence your blood sugar level – *do not smoke*.
4. On the morning of the test drink several glasses of water to prevent dehydration.
5. Stressful activities can alter your blood sugar level so you must rest throughout the test period. It is advised not to exercise 10-12 hours prior to the test.

### Having your test

1. The test takes about 2½ hours. You must stay in the Patient Centre for the duration of the test, so you may wish to bring something to read.
2. You will be required to drink a glucose solution after which several blood samples will be collected for testing.
3. You may *drink water only* during the test.

### Your results

Your doctor will advise you when your results are available.



### Appointment details

To book call SA Pathology on 8222 3000.

Date \_\_\_\_\_

Time \_\_\_\_\_

### Patient Centres

For Patient Centre locations and latest opening hours visit our website [www.sapathology.sa.gov.au](http://www.sapathology.sa.gov.au) or phone (08) 8222 3000.