

## PATIENT INSTRUCTIONS – GLUCOSE TOLERANCE TEST



If you have any English language difficulties, please ask staff to book an interpreter.

From home contact the Telephone Interpreter Service on 9605 3056.

Services are provided free of charge. Ask staff if this information is available in your preferred language.

### Background Information

This test measures the body's ability to handle a glucose load.

### Patient Instructions

- For three days prior to the test you should consume your normal diet. There is no need to avoid any particular foods in this time. Drink plenty of water.
- The test should not be performed if you are unwell with an infection, have had recent surgery or trauma. Please advise the staff if you are on any special medications.
- You are required to fast overnight up to a maximum of 16 hours. This means you should have nothing to eat from 11.00pm the night before the test. This includes chewing gum, lollies, tea and coffee. You are advised to drink water.
- No physical activity or smoking is permitted during the test and a 30 minute rest period is required prior to the commencement of the test. You will not be able to walk around during the test. (Note: the test will take 2-3 hours – keep in mind that you are not permitted to leave to fill a 2-hour parking meter.)
- The test is performed between 08.00 and 10.00 Monday to Friday. Please call the appropriate phone number (see below) to make the necessary appointment.
- At the commencement of the test a blood sample is taken and the fasting glucose checked.
- A chilled drink containing a known amount of glucose will be given to you. You must drink the entire bottle within five minutes. Please inform the staff if you are unable to drink the entire amount or if you have vomited any portion of this drink.
- Two more blood samples are collected at 1 and 2 hour intervals after the drink is ingested.

Reference: MJA 1999; 170: 375-378

### Pathology Collection

Angliss Hospital	-	9764 6493
Box Hill Hospital	-	9895 4905
Healesville Hospital	-	5969 9949
Maroondah Hospital	-	9871 3579
Tecoma Collection Rooms	-	9754 1441
Yarra Ranges Health	-	8706 9665 (Tues & Thurs morning only)

### Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and will disclose information about you only when required by law. We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our Web site [www.easternhealth.org.au](http://www.easternhealth.org.au)  
Eastern Health is accredited by the Australian Council on Healthcare Standards.

5 Arnold Street, Box Hill, Victoria 3128  
1300 342 255

© Eastern Health 2014

PRINTING PERMITTED

DATE OF PRINTING: 30/01/2017

Patient Instructions – Glucose Tolerance Test  
WORK-CS-10

21/11/2016  
Page 1 of 2