



PATIENT INSTRUCTIONS

Glucose Tolerance Test

Appointment for a GTT is essential

The test should be performed in the morning, preferably started before 10.00am (particularly if you are pregnant).

Please phone the PathWest collection centre of your choice to book your appointment.

Name: _____ Date: _____ Time: _____

- It is important that you are well at the time of testing and continue with your normal activities and diet for three days before the test.
- Please avoid vigorous exercise just prior to your test.
- **You must fast for at least 10 hours before the test** (e.g. from 10 or 10.30pm the night before the test). This means no food or energy containing substances (e.g. tea, coffee, sugar, milk, juice, chewing gum and cough lozenges). The test will need to be rescheduled if you have eaten within ten hours of the starting time.
- Do not fast for longer than 16 hours.
- **You may only drink water throughout the fasting period.**
- Allow three hours to complete the test procedure. During this time you must remain in the patient collection area.
- Smoking is not permitted from one hour before the test or during the GTT. The test will be rescheduled if you smoke.
- Please inform the pathology staff of any medications you may be taking.

Disclaimer: The test requested by the doctor requires you to consume a glucose drink which contains food additives approved for use in Australia. These additives are also used in many sweet food items such as muesli bars or fruit juices. Allergic reactions to these additives are very rare however if you think you may be allergic to any of the following you should inform the collection staff: 202 (Sorbate); 211 (Benzoate); 330 (Citric Acid); 143 (Fast Green).

To find your nearest PathWest Collection Centre, visit www.pathwest.com.au or scan the QR Code on the right.

