

Glucose Tolerance Test (GTT)

 BOOKING REQUIRED



This test is performed at all PathWest collection centres. Glucose Tolerance Tests are generally performed in the morning. Plan to be with us for 2-3 hours.



Prior to your test

- Fasting is required for at least 10 hours before the test, but no longer than 12 hours. This means no liquids foods, such as tea, coffee, juice, milk, chewing gum or cough lozenges as these can affect your results. You may drink water if thirsty.
- Continue taking any prescribed medications, unless otherwise directed by your doctor.
- It is important to eat a regular diet, including carbohydrates, for the three days before your test.

The day of your test

Continue fasting on the morning of your test. If thirsty, you may drink water only. Avoid smoking for one hour before and during the test.

During your test

You are required stay in the collection centre and remain seated until the procedure is completed.

What happens during your test?

1. Your fasting blood sample is taken and immediately after that, you will be asked to drink the glucose solution.
2. One hour after this, a blood sample will be taken.
3. Two hours after drinking the glucose solution, a further blood sample will be taken.