SydPath
ST VINCENT'S PATHOLOGY

www.sydpath.com.au

GLUCOSE TOLERANCE TEST COLLECTION

PURPOSE OF THE TEST: The oral glucose tolerance test is used for the diagnosis of diabetes mellitus. Diabetes mellitus is a disease in which the blood sugar levels are high. There are several forms of diabetes, all having in common a high blood sugar level. The oral glucose tolerance test involves drinking a glucose sugar drink after an overnight fast. Blood samples are taken before and after the glucose drink for measurement of blood glucose levels. Patients with diabetes will have higher than expected glucose levels in these samples.

PREPARATION:

- For 3 days before the tests, you are required to eat "high carbohydrate" meals. For most people, their normal food intake is sufficient, however the following guidelines may be helpful. Include all the following each day:
  - 3 slices of bread (or 1 and ½ bread rolls) **and**
  - 1 serving pasta, cereal or extra slice of bread **and**
  - 1 medium potato or 1 serving rice **and**
  - 3 servings vegetables **and**
  - 3 pieces of fruit
- You should maintain your usual level of physical activity during these 3 days.
- You are required to fast from 10 o'clock the evening before the test ie no food or drink. Water only is allowed.
- Please refrain from smoking during the period of fasting until the end of the test.
- You may take your usual medications.

TEST PROCEDURE:

- On the morning of the test, you will be asked to sit comfortably and 5mls of blood will be taken.
- You will then be given a glass of sweet drink.
- Further blood samples will be taken at 1 and 2 hours after the drink.
- You may walk gently about within the building during the test and you may wish to bring a book or some knitting or similar to help pass the time. Eating is not allowed during the test.
- You may eat or drink immediately after the last sample is taken. (Our staff will be glad to arrange tea, coffee and light refreshments for you).

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ADVERSE EFFECTS

The glucose drink is very sweet and on rare occasions makes patients feel nauseous.

As with any blood test there may be slight bruising at the needle site

Enquiries: SydPath: 8382-6590. Laboratory: 8382-9100.