Diet Preparation for a Glucose Tolerance Test

APPOINTMENT DATE and TIME: .................................................................

START DIET ON: ..............................................................................(3 days before the appointment)

The results of this test will be more reliable if you eat a reasonable amount of carbohydrate on each of the three days before the test. Carbohydrate foods include bread, cereals, rice, pasta, potato, other vegetables and fruit.

On each of the 3 days before the test you should eat at least 10 ‘serves’ of carbohydrates.

These carbohydrates should be spread out over the whole day, and you can choose whichever ones you prefer. Most people eat more carbohydrate than this in their normal diet.

The following is a list of commonly eaten carbohydrate foods, with a guide to how much approximately makes ‘one serve’.

1 carbohydrate serve

- 1 slice of bread = ½ large bread roll or muffin
- 1/4 lebanese bread
- 1 apple = 1 orange = 1 small banana
- 1 punnet strawberries
- medium mandarin = 2 peach = 3 apricots = 3 prunes
- 2 weetbix
- ¼ cup muesli = 1/3 cup Just Right =½ cup bran flakes
- (most people would have 2–3 serves of cereal for a meal)
- ¾ cup cornflakes (most people would have 2 serves of cornflakes for a meal ie a bowlful is about 1½ cups)
- 2 biscuits (eg milk coffee, shredded wheat, full-o-fruit)
- 1 cup milk
- 1 x 200g carton of yoghurt
- 1/2 cup cooked pasta (most people would have 1 -1 1 cups pasta for a meal, which would be 2-3 serves)
- 1/3 cup cooked rice (most people would have 2/3 –1 cup of rice for a meal which would be 2-3 serves)
- 1 medium potato
- 1 small corn cob

- If you find it difficult to eat all of this extra food, have some extra fruit juice or biscuits instead of the bread, cereal etc.
- You may eat more carbohydrate than this.
- You should also eat the meat, fish, eggs, cheese, butter and margarine that you would usually have.

❖ DO NOT EAT AFTER 10 PM ON THE EVENING BEFORE THE TEST.
❖ Do not smoke after 9pm.
❖ You may however have water up to the time that the test starts.
Glucose Tolerance Test (GTT) Instructions

**TIME**
Please arrive at the Pathology Collection Centre between 8.00 and 9.00am.
GTTs must be done in the morning.

**DIET PREPARATION**
For the 3 days BEFORE the GTT follow the high carbohydrate diet
(≥ 150g per day) see diet information sheet
Low Carbohydrate intake may IMPAIR glucose tolerance

From 10 pm the night before the test until the test is completed:
NO food
NO drinks (except plain water)
NO smoking

**TEST PROCEDURE**
Usually 2-3* separate blood samples will be taken (one at each time point)

Or sometimes a small needle is inserted into a vein in the arm and left in place for the duration of the test; the vein is then flushed from time to time to try to stop any blockages developing in it.

A blood sample is collected as a baseline.
A drink containing 75g glucose is given to you; you need to drink it all within 5 minutes.
Further blood samples are collected – usually every 60 minutes.
During the test (usually 2 hours*) you need to remain seated.

At the end of the test you should have something to eat and drink (it is best to take it with you).

**RESULTS**
The results will be sent to your referring doctor or clinic.

**IMPORTANT NOTES**
If you are unwell in the week before the test, please phone and re-book the test.
If you do not understand or speak English, please take someone who can interpret for you.

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**MOTHERS PLEASE NOTE:**
You may breastfeed before or after the test, but not DURING the 2 hours of the test.
Please plan alternative feeding with expressed milk or formula for your baby.

It is recommended that you organize to have the baby minded during the test.
There are no facilities to supervise babies or children during the test.

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*Most GTTs are 2 hours, with BGLs measured hourly. Occasionally a GTT with more frequent blood samples, or lasting for up to 5 hours is done if your doctor requests it for a special reason