Glucose Tolerance Test (GTT) Instructions

TIME
Please book the GTT and arrive at the Pathology Collection Centre on time. GTTs must be done in the morning and should therefore be commenced before 9.30am.

DIET PREPARATION
There are no specific dietary requirements in the days before the test.

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

TEST PROCEDURE
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.

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.

*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.