

PATIENT INSTRUCTIONS GLUCOSE TOLERANCE TESTS

1. Fast for 10 - 12 hours before the test
(NEVER FAST OVER 14 HOURS!)
2. You may have water and any essential medications.
3. If you breast feed please express milk before the test begins or feed your baby before the test begins.
You cannot breast feed during the test.
4. An appointment for this test is not essential.
5. A glucose tolerance test will take 2 hours; however in some cases can take 5 hours depending on the test your doctor has requested.
6. ***You will be required to stay at our collection centre and to rest during this waiting period and not eat or smoke.***
7. Remember to bring your reading glasses if you use them because it is essential that you check your name, date of birth and time of collection on each sample collected.
8. You can expect your results to be back at your doctor's surgery within 2 working days.