

# Glucose Tolerance Test

## **An appointment is required for this test. Please phone your nearest QML Pathology collection centre to make arrangements.**

### **ON THE NIGHT BEFORE THE TEST**

- It is important to eat a normal dinner, however, please do not eat, chew gum or drink any fluids (except water) for at least 8 hrs before the test. It is preferable you do not fast for more than 12 hrs
- Water with no additives can be consumed as needed/desired
- Record your height and weight
- Record any recent and current medication.

### **ON THE MORNING OF THE TEST**

- Bring the list of medications, and height and weight details with you
- Do not physically exert yourself prior to or during

the test (including brisk walking to the clinic)

- Avoid smoking for an hour prior to and during the test. If this is not possible, please inform staff
- As acute illness can temporarily affect glucose tolerance, if you are ill within 3 – 4 days of the test, contact your doctor to ask whether they want you to proceed, or to postpone the test until you have recovered
- You are required to drink a glucose solution within 5 minutes. This will be provided by the collection centre.

The test will take approximately 2 hours. On some occasions the length of the test may be extended. Your doctor will specify if this is the case.



**Staff and patients need to work and be cared for in a safe environment. Violence and verbal abuse will not be tolerated.**

**FOR COLLECTION CENTRES & OPENING HRS, VISIT [QML.COM.AU](http://QML.COM.AU)**