



Information for
patients and
carers

Glucose Tolerance Test

Introduction

This leaflet explains the preparation and procedure for having a glucose tolerance test.

Glucose tolerance test

Occasionally it is necessary to perform a glucose tolerance test to investigate Diabetes, if previous blood glucose results have been unhelpful.

3 days to go

Eat your normal diet and take your usual amount of exercise.

The night before the test (from 10pm)

- ✗ Do not eat anything
- ✗ Do not drink any tea, coffee, milk, fruit juice or squash
- ✗ Do not take any antacid or heartburn preparations
- ✓ Only drink water
- ✓ **Make a list of medicines you regularly take & bring to the test - this is important to help interpret the test results**
- ✓ Pack some food to bring with you to eat after the test
- ✓ Pack a book or magazine – you will be at the clinic for around 2 and a half hours.

The morning of the test

X Do not smoke or wear a nicotine patch – this can affect test results

The test

A blood sample and finger prick blood test will be taken then you will be given a sugary drink. A further blood sample will be taken 2 hours after you have finished the drink.

✓ It is important to remain seated as much as possible during the time between blood tests

X Do not smoke, exercise, eat or drink during the time between blood tests

After the test

The result will be sent to the doctor who asked for the test to be done and they will discuss the results with you.

If you are unable to keep your appointment please telephone:

01772 522607 for Preston appointments between 9am and 5pm.

01257 245255 for Chorley appointments between 9am and 5pm.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.labtestsonline.org.uk

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણમાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਯਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے یغل مدد ی ضرورت ہے تو ییچھپیا یں ییہ ابیلست ہو یسکت ہے برا ئے مہر یبان پو ییچھدی۔ معلومات

Arabic:

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه لمعلومات يُرجى أن تطلب آخرى يمكن تو فسير هذه المعلوما

Department: Clinical Biochemistry / Pathology

Division: Diagnostics and Clinical Support

Production date: February 2022

Review date: February 2025

JR 741 v1