

Information for patients and carers

Glucose Tolerance Test

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

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)

- X** Do not eat anything
- X** Do not drink any tea, coffee, milk, fruit juice or squash
- X** 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 results will be sent to the doctor who asked for the test to be carried out 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.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

www.labtestsonline.org.uk

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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 this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

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