



GLUCOSE TOLERANCE – PATIENT INSTRUCTIONS

TWO AND THREE HOUR GLUCOSE TOLERANCE TESTS

The glucose tolerance test is a laboratory test to evaluate blood sugar metabolism in the body. The body requires glucose for energy. Elevated glucose levels can be found in patients with diabetes.

Your provider has ordered an oral glucose tolerance test. Upon arrival at the lab you will be asked to sign a form that you will remain in the lab area. A fasting glucose level will be drawn. The lab will then test the specimen to make sure the result is acceptable to start the testing. If it is acceptable, we will then proceed with the test and you will be given a sugar drink. Your blood sugar levels will then be drawn in hour intervals.

Your physician will contact you by phone or mail as soon as your test results are received and reviewed.

PREPARATION FOR TEST

- For 3 days prior to your appointment you will need to eat a regular diet adding high carbohydrate foods (white rice, white pasta, white potatoes, white breads, etc.).
- **DO NOT** eat or drink anything but water for 12 hours prior to coming in for your appointment.
- You may not eat or smoke during the test.
- You may not leave the building during the test.
- You will be at the lab approximately 2 ½ - 3 hours (Two hour tolerance) or 3 ½ -4 hours (Three hour tolerance) from start to finish.
- Check with your provider about taking your medication(s).

This test is only done at the University Avenue and Danville on Vermilion locations.