

# Glucose Tolerance Test



## Patient Information - Biochemistry

**You need to make an appointment for this test.**

This test takes 2½ hours and during this time you must rest. You may like to bring a book to read.

### 3 Days Before

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For at least three days prior to your test enjoy your normal diet and exercise.

### Night Before

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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 hours before the test.

It is preferable that you do not fast for more than 12 hours.

### Morning of the Test

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1. Do not eat breakfast, or chew gum. You may drink water only; no tea, coffee or juice.
2. Do not physically exert yourself prior to or during the test—including brisk walking to the clinic.
3. Avoid smoking for an hour prior to the test.
4. A blood sample will be taken from you and tested. If the result of this test is within acceptable limits, you will be given a glucose drink. You must drink all of this, within approximately 5 minutes.
5. Further blood samples will be taken at 1 and 2 hour intervals. In between you must rest. On some occasions the length of the test may be extended. Your doctor will specify if this is the case.

If you feel nauseous or dizzy during your test, please let us know.

For a full list of the **Christchurch collection centres** and their opening hours please visit: [www.bloodtest.co.nz](http://www.bloodtest.co.nz) or contact 0800 THE LAB (843522) ext. 86647.

**Ashburton:** CHLabs, Ashburton Hospital, Elizabeth Street, Ashburton.  
Phone: 03 307 8456, email: [AshLab@cdhb.health.nz](mailto:AshLab@cdhb.health.nz)