

# Oral Glucose Tolerance Test (OGTT)



## 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

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

### Night Before

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

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/vaping for an hour prior to the test.
4. A finger prick blood sample will be taken from you and tested. If the result of this test is within acceptable limits, fasting blood sample for OGTT will be taken.
5. You will then be given a glucose drink. You must drink all of this within approximately 5 minutes.
6. Additional blood samples will be collected at 1-hour and 2-hour intervals. You are required to rest between these intervals. Occasionally, the duration of the test may be extended, as directed by your doctor.
7. If you feel nauseous or dizzy during your test, please let us know.

**Please note that the Blood Test Centre at Christchurch Outpatients does not provide this service.** For a full list of other **Christchurch collection centres** and their opening hours please visit: [www.bloodtest.co.nz](http://www.bloodtest.co.nz) or contact 0800 THE LAB (0800 843522)

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