

Patient name: _____

Ordering Physician: _____



Glucose Tolerance Test Instructions

The Glucose Tolerance Test is simple, but somewhat time consuming. Either you or your doctor's office should schedule an appointment for this procedure. You are allowed to drink all the water you want during the test, but you will not be allowed to eat, chew gum or candy, smoke, or leave the laboratory waiting area.

After dinner on the night before your test, do not eat or drink anything except water until you come to the laboratory. If you smoke, you may not do so from the time you go to bed the night before until completion of the entire test procedure.

On the day of your appointment, please arrive at the Lab drawing station no earlier than 8:30 am. The Lab Assistant will begin by drawing a sample of blood. You will then be asked to drink a sweet liquid, followed by periodic, hourly blood tests to see how your body reacts to sugar.

Your physician will specify the amount of time for the test, but you should be prepared to be at the lab for 3 to 5 hours. Dress comfortably and bring something to help you pass the time.

Unless your doctor tells you otherwise, for 3 days before your test, eat three balanced meals each day, including breads, starches, or sweets.

Where to go for GTT procedure 😊

*Appointments necessary
Please call 934-8808*

**On the day of your test
please arrive
no earlier than 8:30 am**

**St. Bernards Reference Lab
800 S. Church Street
2nd Floor**

