

Glucose Tolerance Test

PURPOSE OF TEST

Your doctor has ordered a glucose tolerance test (GTT). The purpose of a GTT is to test the efficiency of your body's insulin-releasing mechanism and glucose disposing system. You must prepare your body for the GTT by changing your eating and medication routines slightly for 3 days before the test. It is very important that you follow the instructions below in order for accurate results to be obtained. The test will last 3 – 5 hours depending on the doctor's order. During that time you will be required to remain in the laboratory area.

PREPARATION FOR THE TEST

MEDICATION: You must tell your doctor if you are currently taking any medications before proceeding with the GTT as some may interfere with test results

EXERCISE: Do not exercise for 12 hours before the GTT

DIET: For three days prior to the test, the recommended dietary intake of carbohydrate per day is 150 grams. Your doctor will advise you on special dietary plan prior to the GTT.

COLLECTION OF SPECIMEN

1. Call the laboratory to schedule the date of your test.
2. You must be fasting the morning of the test. Abstain from eating or drinking anything except water for 8 - 10 hours prior to the start of the test. Check with your doctor regarding any medications and if you should take them prior to the test.
3. When you arrive at the laboratory for the test, you will have a blood specimen collected. The lab may check the glucose level of this specimen before continuing on with the test.
4. When the results of the baseline testing are complete, you will be given a liquid called "glucola" to drink. You must drink the entire amount given to you within 5 minutes.
5. After you drink the glucola, you will have blood specimens collected at specified intervals. The most common intervals are at one, two, and three hours post glucose (glucola) dose.
6. During the test, you must refrain from eating or drinking anything except water. You will not be able to leave the building during the test.

If you have any questions about these instructions, please call the Client Service department at (219) 989-3700 or (800) 937-5521.

