

Glucose Tolerance Test

Most laboratory tests require no special preparation on the part of the patient. There are some, however, that do.

What do I need to know about the Glucose Tolerance Test?

Before the test:

- You must be fasting for 8 -10 hours before this test. Do not refrain from drinking water.
 - Fasting means that you should not have anything to eat or drink, (except a little water and any medicine that has been ordered for you). Although, your doctor may instruct you not to take your medicine.
 - Fasting includes not chewing gum, even the sugarless variety. Smoking and exercise may also affect your test

What will happen during my Glucose Tolerance Test?

Glucose Tolerance Tests may be ordered as 2-hour, 3-hour and 5-hour tests. You must remain at the lab draw station for the duration of the test.

At the lab: A fasting blood sugar test is drawn.

- You will be asked to drink either 75g or 100g of Glucola, an orange-flavored drink, within 5 minutes.
- Your blood will be drawn again after 30 minutes and 1 hour after you have finished the drink.
- Depending on the type of test your doctor ordered, your blood will be drawn every hour up to the time limit of the test.

For additional health information
contact the Health Information Center at (918) 494-1080