

# Glucose Tolerance Test

**An appointment is required for this test. Please phone your nearest TML Pathology collection centre to make arrangements.**

## On the Night before the Test

- Please do not eat, chew gum or drink any fluids (except water) for at least 8 hours before the test. It is preferable you do not fast for more than 12 hours.
- Water with no additives can be consumed.
- Record your height and weight.
- Record any recent and current medication.

## On the Morning of the Test

- Bring your medication list and height/weight details.
- Do not physically exert yourself prior to or during the test (including brisk walking to the clinic).
- Avoid smoking for an hour prior to and during the test. If this is not possible, please inform staff.
- Illness can affect glucose tolerance, if you are ill within 3-4 days of the test, contact your doctor to ask whether they want you to postpone the test.
- You will be required to drink a glucose solution within a 5 minute timeframe.  
This solution contains the following food additives:
  - 330-ascorbic acid
  - 211-sodium benzoate
  - 202-potassium sorbate
  - Sulphites.

**Do not proceed with the test if you have a known allergy to any of these additives.**

Contact your doctor and advise your allergy is preventing you from proceeding with the GTT drink.

The test usually takes approximately 2 hours (unless your doctor specifies otherwise).



**Staff and patients need to work and be cared for in a safe environment. Violence and verbal abuse will not be tolerated.**

## Find a collection centre.

For a full listing of all TML Pathology collection centres and their operating hours, please scan the QR code with your smart phone or visit [tmlpath.com.au](http://tmlpath.com.au).

