

Glucose Tolerance Test

An appointment is required for this test. Please phone your nearest QML 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
 - 202-potassium sorbate
 - 211-sodium benzoate
 - 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.

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