

Oral Glucose Tolerance Test (GTT) Patient Information Sheet

Your doctor has asked you to have a glucose tolerance test. This information sheet tells you what the test is and how to prepare for it.

What is a glucose tolerance test?

Some people are unable to process glucose (sugar) properly. A simple blood test can show this but sometimes a more complicated test is needed. This test involves drinking glucose and seeing how quickly it disappears from the blood.

What do I need to do for the test?

For 3 days before the test you should eat normally. If your doctor or dietician has prescribed a special diet you should discuss this with them.

- Take only your usual amount of exercise before the test
- Eat nothing from 10pm the night before the test. You may drink water.
- You can take tablets or medicines as usual. If any need to be taken with food, it may be best to take them after the test. If you are unsure please discuss this with your doctor.

How is the test done?

You must have nothing to eat or drink (other than water) from 10pm the previous evening.

When you arrive for your appointment a sample of your blood will be taken to measure glucose. You will then be given a drink containing glucose and another blood sample will be taken two hours later. During the test you will be asked to sit quietly. You cannot eat but you can drink water. Your test will take about 2 hours 15 minutes to complete

When will I get the result?

The result will be sent to the doctor who sent you for the test.
The test results should be available within 2-3 days.

What will it mean if the test is abnormal?

Most people have a normal result. If the test shows that your body is not using glucose properly you may have diabetes mellitus or impaired glucose tolerance. Your doctor will decide which is the best treatment and will keep a check on your progress.