

PATIENT INSTRUCTIONS FOR GLUCOSE TOLERANCE TEST (GTT)

The glucose tolerance test is a measure of the body's ability to metabolize glucose by increasing the load on body mechanisms. The primary response to the glucose load is the secretion of insulin by the pancreas. The term "tolerance" refers to the ability of the body to handle and utilize the glucose.

Please read the following instructions completely. If you have any questions, contact the Department of Pathology at 239-7648.

1. TESTING PREPARATION:

- A. You have been scheduled for a glucose tolerance test (GTT) at the IACH laboratory. On the day of testing, please allocate four hours for the performance of the glucose tolerance test. Arrive at the laboratory between 0700 and 1430 hours. You must remain in the laboratory during the entire testing period. You may want to bring something with you to help pass the time - i.e. book, crossword puzzles, needlepoint, etc.
- B. The test(s) requested by your health care provider require you to be fasting for 12 hours prior to reporting to the laboratory. Please read the following instructions carefully. Do not consume coffee, milk, tea or juice in the morning. **DRINK ONLY WATER.** The fasting must continue throughout the test with the exception of the glucose drink the laboratory provides and water. No smoking is allowed during the test.

2. DAY OF TEST INSTRUCTIONS:

- A. Before you are administered the glucose solution, a blood specimen will be submitted. After review of the results from these specimens (which will take approximately 45 minutes), the glucose solution will be administered accordingly. It is important that all blood specimens be drawn on time.
- B. Please drink the glucose solution within 5 minutes.
- C. If at any time during the test you find yourself feeling distressed, please notify the laboratory staff immediately.