

Specimen Collection Guidelines - Glucose Tolerance Test

This test takes 2½ hours and during this time you must rest. You may like to bring a book to read.

You will not be able to eat, smoke or leave the Blood Test Centre during this test.

The Procedure

1. For at least 3 days before your test, enjoy your normal diet and normal exercise.
2. On the evening before your test, do not have anything to eat after 8 pm.
You may drink water only.
3. On the morning of your test, **DO NOT EAT BREAKFAST.**
You may drink water only.
4. When you arrive at the laboratory, you must remain seated for 30 minutes prior to the test.
5. A blood sample will be taken from you and tested. If the result of this test is within acceptable limits, you will be given a glucose drink.
You must drink all of this, within approximately 5 minutes.
5. Further blood samples will be taken at 1 and 2 hour intervals.
6. If you feel nauseous or dizzy during your test, please let us know.

If you have any problems please contact Canterbury Health Laboratories:

Christchurch:	cnr Hagley Ave and Tuam St.	Ph 364 0300
Ashburton:	Ashburton Hospital, Elizabeth St.	Ph 307 8456

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