Health New Zealand
Te Whatu Ora
Taranaki

Patient Information Guide

Glucose Tolerance test

The Glucose Tolerance Test is performed to diagnose Diabetes Mellitus. The collection procedure takes approximately two hours and you will be required to stay on-site and rest. You may like to read.

Before the procedure please tell the person performing the test if:

- You have consumed ***anything*** other than water in the previous 12 hours.
- You ***have*** engaged in vigorous exercise prior to the test, including brisk walking to the appointment.
- ***Have*** smoked within one hour of the test.
- You have ***not*** consumed a normal diet for at least 3 days prior to the test.
- You ***have*** any food allergies

Collection Procedure

1. A blood sample will be collected from you and tested.
2. 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.
3. A further blood sample will be taken at the 2-hour interval. In between you must rest.
4. This completes your test and you may leave and eat and drink normally.

Please tell a staff member if you feel unwell at any time during your test, e.g. drowsy, dizzy or nauseous.

If you require further information regarding your test procedure, please contact the Laboratory.

Health New Zealand Taranaki Laboratory
Taranaki Base Hospital
27 David Street New Plymouth 06 753 7764
Hawera Hospital
41 Hunter Street Hawera
06 278 9909