

# Glucose Tolerance Test



## PATIENT INSTRUCTIONS AND INFORMATION

A glucose tolerance test measures how well your body processes consumed sugar. It is used to assess your risk of diabetes or gestational diabetes if you are pregnant.

Diabetes occurs when your body is unable to regulate the amount of sugar (glucose) in the blood. Gestational diabetes occurs when a pregnant woman that did not have diabetes before pregnancy, has high blood sugar levels during her pregnancy.

A glucose tolerance test is carried out at the request of your doctor. If you are pregnant you will usually have a glucose tolerance test between 24-28 weeks of your pregnancy, although the test may be earlier if you are at particular high risk of gestational diabetes.

A Glucose Tolerance Test is an important test for your health, and for safety of you and your baby.

More information on diabetes and glucose tolerance testing can be found online at <https://pathologytestsexplained.org.au/learning/test-index/glucose>

## BEFORE THE TEST

You will need to book an appointment for the test by calling your nearest NSWHP collection centre. A list of NSW Health Pathology collection centres can be found on the reverse side of the Pathology request form or on the NSW Health Pathology website.

Although you should continue to eat normally in the days leading up to your test, in the three days prior to your test, you should ensure that you have at least 10 serves (or 150 grams) of carbohydrates per day.

### One serve of carbohydrates includes:

<b>Cereals</b>	1 slice of bread or 1/2 raisin bread or 1/2 hamburger bun or 1/2 muffin 2 crispbreads e.g. SAOs or Ryvitas 4 Vita wheats 6 Jatz or Salada biscuits (individual squares) 1/4 Lebanese flat-bread 3/4 cup of cereal e.g. Cornflakes, Special K, Rice Bubbles, cooked rolled oats 1½ Weetbix 1/2 cup cooked noodles, macaroni, spaghetti 1/3 cup cooked rice
<b>Vegetables</b>	1 medium potato 1/2 cup mashed potato 1/2 cup cooked lentils or pulses e.g. chick peas, haricot beans, kidney beans etc 1/2 cup baked bean, corn or peas

<b>Fruit</b>	1 average size piece of fruit 1/2 cup unsweetened canned fruit 150 mL unsweetened fruit juice 120 mL sweetened fruit juice 3 prunes or dates 1½ tablespoons sultanas, raisins or currants
<b>Milk</b>	300 mls milk (whole or skim) 1 carton (240 g) plain yoghurt (whole or low fat) 2 scoops ice-cream 1/2 cup custard 150 mL flavoured milk
<b>Miscellaneous</b>	3 teaspoons sugar, jam or honey 120 mL soft drink 1 slice plain cake

Speak to your doctor about any medications you are taking. Some medications can interfere with the results.

DO NOT have any food or drinks, other than water, from 10:00 pm the night before your test.

The glucose tolerance test takes about 2 hours and you will need to stay in the collection centre during this time.

Consider arranging care for older children and taking a book or activity to pass the time as you will need to sit quietly between tests.

**Please note:** Some people can have a LOW blood sugar level (hypoglycaemia) at the end of the test. Please bring a snack such as a piece of fruit or plain biscuit to eat after the test if you feel unwell.

## **DURING THE TEST**

A staff member will welcome you and outline what will happen in the test.

A staff member will take your blood and measure your baseline glucose levels.

You will need to drink a glucose drink, like sweet lemonade.

you will need to wait in the collection centre sitting quietly for one hour and a further blood test will be taken.

DO NOT eat any food or drinks, other than a small amount of water, during this time as it can interfere with the results.

After another hour, a further blood sample will be taken.

Please let our staff know if you feel unwell. Headaches, nausea and dizziness are a normal reaction to the glucose drink and usually pass quickly.

## AFTER THE TEST

The results of the test will be sent to the doctor or nurse caring for you.

The results will be available in approximately two business days.

Further Information
Please go to: <a href="http://www.pathology.health.nsw.gov.au">www.pathology.health.nsw.gov.au</a>