

GLUCOSE TOLERANCE TEST 2 HOUR STANDARD

Appointment

Date..... Time.....

Collection Centre

Advise at the time of booking whether you have any allergies to food colourings.

Pre Test Preparation

1. Do NOT eat or drink for 12 hours prior to the time you are booked in.
2. Keep your water intake as normal during this time.
3. Do NOT smoke during this time.

During the Test

On arrival at our collection centre, a blood sample will be taken from you by one of our trained collecting staff. You will then be asked to drink a sweet glucose drink and blood will be collected one and two hours later. May we suggest you bring a book to read to help pass the time and a snack to have after your test.

Please note that you will be required to remain in the collection centre for the duration of the test.