



Patient Information

Glucose Tolerance Test

****Call the Laboratory at 736-3500 to schedule test. Glucose Tolerance Testing performed Monday through Friday only.**

What do I need to know about the Glucose Tolerance Test?

Before the test:

You must be fasting for 8-10 hours before the test. Do not refrain from drinking water.

Fasting means that you should not have anything to eat or drink, (except a little water and any medicine that has been ordered for you). Although, your doctor may instruct you not to take your medicine.

Fasting includes not chewing gum, even the sugarless variety. Smoking and exercise may also affect your test.

What will happen during my Glucose Tolerance Test?

Glucose Tolerance Tests may be ordered as 2-hour, 3-hour, 4-hour, and 5-hour tests.

You must remain at the lab for the duration of the test.

At the Lab:

- A fasting blood sugar test is drawn and tested.
- You will be given the Glucola concentration prescribed by your physician. You must drink this within 5 minutes. Timing begins following ingestion of the Glucola.
- Additional blood samples will be collected in 1 hour, 2 hour, 3 hour, 4 hour, 5 hour intervals, depending on the tolerance test ordered.
- Do not eat during the test (no mints, gum, or smoking). You may drink only water during this time.
- If vomiting occurs, test will need to be canceled and rescheduled at a later date.

For additional information call (317) 736-3500