

## COLLECTION OF GLUCOSE TOLERANCE TEST

**Note:** If insulin levels are requested along with the GTT, the collection staff will draw blood for this in a separate tube, at the same time that each glucose blood sample is collected.

### An appointment is required for this test:

- **For all states except WA:** Please call your chosen collection centre to book. For locations, visit [clinicallabs.com.au/location](http://clinicallabs.com.au/location).
- **For WA:** Please email your full name, best contact number, preferred date and time, and preferred location to [gtt.wa@clinicallabs.com.au](mailto:gtt.wa@clinicallabs.com.au) to begin the appointment booking process. The GTT inbox is monitored between 9am and 1pm, Monday to Friday. Please allow up to 48 hours for a response.

### Special Requirements:

- You are to remain on a normal, unrestricted diet for at least 3 days prior to the test.
- You have had no significant illness for 2 weeks prior to the test.
- Fasting is required. Do not eat or drink for 10-12 hours prior to your blood test.
- Drinking water before your procedure is permitted and may help reduce the risk of fainting, as well as make it easier for the collector to locate your veins.
- Medications should only be stopped on the instructions of your doctor. Take with water only.
- Due to the nature of the test, testing is generally done in the morning.
- Maintain normal activity prior to the test.
- Avoid smoking for 2 hours before and during the test.
- Before drinking the glucose, please inform the collection staff if you have any allergies.

### What the procedure involves:

*Note: If you are prone to fainting, please inform the collector before the procedure.*

- Collection of a fasting blood sample.
- Drinking a 75g bottle of glucose within 5 minutes.
- Collection of a blood sample 1 hour after consuming glucose.
- Collection of a blood sample 2 hours after consuming glucose.

### What to do during the procedure:

- You must remain seated quietly during the test.
- You will be at the collection centre for a minimum of 2 hours.
- You are required to remain in the collection centre until the procedure is completed.
- Bring some reading material or other activity to pass the time.
- If you feel unwell, please inform the collection staff, as you may wish to lie down.