Glucose Tolerance Test (GTT)
Patient Guide

The Glucose Tolerance Test (GTT) is used to help diagnose diabetes and assess how your body processes glucose. This is a fasting test and requires you to remain at the collection centre for just over 2 hours.

Before your test (How to prepare)

- Maintain your normal diet with adequate carbohydrate intake for at least 3 days before the test
- Continue your usual physical activity during this time
- Fast overnight for 8–12 hours before your appointment
- Do not fast for longer than 14 hours, as this may affect your results
- You may drink plain water during the fasting period to stay hydrated

During the test (Important instructions)

- Make sure you bring your pathology referral form to the 4Cyte pathology collection center
- You must remain at the collection center for the entire duration of the test (just over 2 Hrs)
- Do not eat or drink anything other than plain water during the test
- Smoking is not permitted during the test

What happens during the test

- A fasting blood sample will initially be collected (**Sample 1**)
- You will then be given a glucose drink, which must be consumed within 5 minutes
- A second blood sample will be collected 1 hour after finishing the glucose drink (**Sample 2**)
- A third blood sample will be collected 2 hours after finishing the glucose drink (**Sample 3**)

If something goes wrong

Please inform staff immediately if you feel unwell, experience nausea, dizziness, or vomiting during the test.

After the test

Once the final blood sample has been collected, you may resume normal eating and drinking. Results will be sent to your referring doctor, who will discuss them with you.

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