



Patient instructions

Glucose Challenge Tests

(GTT, Two-hour post load, and others)

The glucose challenge tests are actually a group of tests that are used to make the diagnosis of diabetes. Glucose is sugar and to do the test, we first collect a sample to determine your blood sugar and then you drink a sugar solution of known quantity. After that, you sit quietly and one or more blood samples are collected at specific times. In this way, your body's ability to process the sugar is determined.

Pre-test preparation:

For three days before the test maintain your normal activity and eat a normal diet of at least 150 grams of carbohydrate per day.

On the night before and the morning of the test, you must fast for 8-12 hours. During this time, do not eat nor consume beverages other than water.

This test takes time to complete. You will have to be available for at least two hours for the short test and you may have to be available for five hours if your doctor needs the full test.

During the test you will need to stay in the unit and you must limit your activity. You should drink normal quantities of water. You cannot smoke during this period. If you require the full five-hour test you have six tubes of blood collected. This amounts to approximately three tablespoons of blood. The shorter tests require fewer tubes.