



INSTRUCTIONS FOR GLUCOSE TOLERANCE TESTS

Updated January 2020

Dear Patient:

Your physician has ordered a **Glucose Tolerance Test (GTT)** to evaluate how well your body is utilizing sugar (glucose). You do not need an appointment, but you must consider the length of time required for your test and arrive at a Patient Service Center in plenty of time to complete the test (see chart below). Please read the following instructions to help you understand what to expect for the test. If you need more information, please call 989-583-6742.

In order to prepare for the GTT, you will need to **fast** (no food or drink) for at least eight (8) hours prior to arriving at the laboratory. You may drink water and take any essential prescription medication during your fast. If your physician asked you to follow a special GTT diet, please refer to the GTT Preparation Diet listed below.

Upon arrival at the laboratory, your blood will be drawn for a **fasting blood sugar** level. You will be asked to drink a carbonated beverage containing a measured amount of glucose.

We will draw your blood one-hour after you finish the drink, and every hour thereafter for the duration of the tolerance. For example: if your physician has ordered a 2-hour GTT, we will draw your blood at 1 hour and again at 2 hours. If your physician ordered a 3-hour GTT, your blood will be drawn at 1, 2 & 3 hours.

You are required to remain in the reception area during the entire challenge, and you may not eat, smoke, or drink anything other than water until the last specimen has been collected. If you feel uncomfortable, dizzy, or ill after drinking the carbonated beverage, please notify the receptionist. You may request to lie down during your wait.

Glucose Tolerance Preparation Diet

Please follow this diet for the three (3) days prior to your GTT. Do not eat or drink after 10:30 the night before the test. It is important that the entire diet is followed, however you may eat more food than what is on the list.

Breakfast		Lunch and Dinner	
Fruit Juice Or Fruit	1/2 cup 1 medium	Sugar or jelly Milk	2 tablespoons 1 cup
Choose 3 different or 3 times one item: Cereal cooked Cereal dry Toast 1/2 bagel or 1/2 english muffin Pancake, French toast or biscuit	1/2 cup 3/4 cup 1 slice 1 item	Choose 3 different or 3 times one item: Noodles, rice, spaghetti, or potato Choose 1: Cooked vegetable Raw vegetable Choose 1: Pie, cake, ice cream, or Cookies	1/2 cup 1/2 cup 3/4 cup 1 med serving 2-3
Milk	1 cup	Choose 1: Juice, Pop, Kool-aid, Hi- C, Hawaiian Punch	1 cup
Jelly, sugar, or syrup	1 tablespoon		

GLUCOSE TOLERANCE TESTING IS AVAILABLE FROM THE TIME THE LAB SERVICE CENTER OPENS AND ENDS DEPENDING ON THE TIME REQUIRED BY THE TEST ORDERED. PLEASE CALL LAB CUSTOMER SERVICE AT 989-583-6742 TO LEARN THE LATEST ARRIVAL TIME AVAILABLE FOR THE LAB SERVICE CENTER YOU'LL BE VISITING.