



# DIAGNOSTIC MEDLAB

## **Patient Information for a GLUCOSE TOLERANCE TEST**

If you are an **insulin dependent** diabetic please advise the staff at the time you make the appointment.

An appointment is required for this test with the last appointment time being 9.30am.

You must fast overnight for 8 – 16 hours prior to the test.

Do not stop medication unless instructed to by your doctor.

You must allow at least 2 ½ hours for the test.

When you attend the collection room a fasting blood specimen will be collected.

You will then be required to drink a glucose drink. This is a gluten free product.

A second blood specimen will be collected at two hours.

**It is important for accuracy of results that before and during the test period:**

- You do not eat (including chewing gum)
- You do not drink (except water without additives)
- You do not smoke
- You remain calm and relaxed
- You do not leave the collection room

**ENQUIRIES PHONE 571 4000**  
**[www.dml.co.nz](http://www.dml.co.nz)**