

## PATIENT INSTRUCTION – GLUCOSE INTOLERANCE TEST

**Note: 3-day diet is desirable but not essential.**

**Please commence your diet on:.....**

For any patient whose doctor indicates that the diet is not required, please follow the doctor's instructions.

**Your appointment is at \_\_\_\_\_: Collection Centre: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_**

Please note: Pregnant patients are not required to follow the 3-day diet.

**Preparation:** To make sure that this test gives reliable results, it is important that you eat generous amounts of carbohydrate on each of the three days before the test.

The three-day diet should consist of high carbohydrate foods: recommended are bread, cereal, potatoes, vegetables and fruit. You should have your usual amounts of milk, meat, fish, eggs, cheese, butter and margarine and, as well, eat the following foods daily during each of the 3 days before the test in at least these amounts.

- 3 slices of bread or toast
- 1 serving of breakfast cereal, porridge or spaghetti
- 1 medium potato or a serving of rice
- 3 servings of vegetables
- 3 servings of fruit (fresh, cooked, canned or juice)
- For morning tea and afternoon tea have 2 biscuits or 1 scone or an extra slice of bread or toast referring doctor immediately.

Note: Patient must be fasting 8-14 hours prior to test, if you should become unwell whilst on diet, please contact doctor.

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### During the test:

1. You will be required to remain in the collection centre for the duration of the test depending on what doctor has requested. You are required to stay seated because factors such as exercise, smoking and caffeine consumption can give inaccurate results of the OGTT.

**Permission to leave the collection centre during the test will only be given following approval by your doctor as this can affect the results.**

2. You will be required to drink a Glucose drink and blood will be collected at appropriate intervals.

3. We suggest that you bring a book to read if you would like.

4. If you require further information, please contact the collection centre at which you are having your test.