

Glucose Tolerancetest (GTT)

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Your physician has asked the laboratory to carry out a glucose tolerance test. For this test you need to make an appointment with the laboratory in HMC Bronovo, tel. nr. 088 979 41 89. In this leaflet we would like to tell you about this test. If you are ill or if you have a strong cold on the day of the investigation, could you then call us as soon as possible in order to make a new appointment?

Please do not forget to take the request form and your patient identification card with you.

Purpose

The purpose of this investigation is to test the ability of your body to handle a glucose load. We do this by measuring the increment in blood glucose concentration after you have drunk a glucose solution.

Preparation

On the day of the test you are not supposed to smoke, eat or drink as from evening 22.00 hours until the end of the test. You may drink water and take medication.

Examination length

The examination will take over two hours to complete.

The examination

On the day of the examination, you will need to attend to the Clinical Chemical and Haematology Laboratory, on the 2nd floor of the hospital, route 86, at 08.30 hours.

After registration, you will go to the function room. In this room, where blood samples are taken, often other patients are waiting for various types of tests. This space is often crowded so anyone accompanying you should go to the waiting area in the lift hall. We will then take the first blood sample. The blood will be taken from a finger prick.

Next, you will get a glucose drink which you will have to finish in about five minutes. This drink contains 75 grams of glucose which makes it taste very sweet. Afterwards, your blood will be collected five times at half hour intervals, from which one time from the arm.

It is not permitted to eat and drink anything during the examination, except for water. Because of the length of the examination, it is advisable to take a book or something else with you to make waiting more pleasant. You must avoid any physical exertion.

The results

The laboratory will usually send the results to your attending physician one day after the examination. He/she will then discuss these results with you.

No-show fee

We wish to point out that HMC Bronovo applies a no-show fee.

This means that we ask you to cancel your appointment at least 24 hours in advance (monday to friday during office hours). Failure to cancel in time will result in the legally determined no-show fee.

In conclusion

Should you, after reading this information, still have any questions, do not hesitate to contact the laboratory on telephone no. 088 979 41 89 (workdays between 08.00 and 16.30 hours).

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