

GLUCOSE TOLERANCE TEST

Basic information

The **glucose tolerance test** is a medical test in which glucose is given and blood samples taken afterward to determine how quickly it is cleared from the blood. The test is usually used to test for diabetes, insulin resistance, impaired beta cell function, and sometimes reactive hypoglycemia and acromegaly, or rarer disorders of carbohydrate metabolism.

Preparation

The patient is instructed not to restrict carbohydrate intake in the days or weeks before the test. The test should not be done during an illness, as results may not reflect the patient's glucose metabolism when healthy. The patient is instructed to fast (water is allowed) for 8–12 hours prior to the tests. Medication such as large doses of salicylates, diuretics, anticonvulsants, and oral contraceptives affect the glucose tolerance test.

Procedure

- 1) A zero time (baseline) blood sample is drawn. Then patient goes to the laboratory and waits for the fasting glucose result.
 - 2) Patient is instructed about test continuation. Based on the glucose value he or she returns to the blood collection room or returns home.
 - 3) The patient is then given a measured dose of glucose solution to drink within a 5-minute time frame.
 - 4) Blood is drawn after 1 hour and after 2 hours for glucose measurement.
 - 5) **During the test you can't eat, drink and smoke. You must stay in the waiting area in front of the blood collection room.** If you get sick tell the nurse.
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- **Route to the laboratory in the polyclinic building:** Use the elevator and press button 4 or use the stairs to - 4 OKBH.

Source: https://en.wikipedia.org/wiki/Glucose_tolerance_test (26/7/2019)

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