

Instructions For 1 hour Glucose Tolerance Test

Testing is performed at our office.
Please make sure you have an appointment scheduled.

Getting Ready

- ❖ At your next appointment we will be doing a test to determine if you have intolerance to glucose, known as diabetes.
- ❖ There is no special preparation needed for the test and you do not need to fast.
- ❖ Eat your normal meals/snacks in the days leading up to the test. “Dieting” before the test may cause false results.

The Test

- ❖ When you arrive at the office you will be asked to drink a cold sweet drink.
- ❖ A blood sample will be taken one hour later.
- ❖ During the test you are not allowed to eat or drink anything except water.
- ❖ Bring something to do as you will have to remain at the office throughout the entire test.

After The Test

- ❖ You may bring a snack to eat after the test is completed.
- ❖ We typically receive the results back from the test within 3-5 business days and will notify you of the results.