

Glucose Tolerance Test

Patient Instructions

INSTRUCTIONS

- It is important to maintain a normal mixed diet for at least three (3) days prior to the test.
- This test will take approximately 2 ½ hours.
- No food or drink (with the exception of water) is to be consumed for 12 hours prior to the test.
- Do not smoke or conduct exercise in the 30 minutes prior to and during the test. It is important to sit quietly during the test.
- Drink at least 2 glasses of water prior to the test.

INFORMATION

Please be advised you must be over the age of 16 to have this test. If you are not over the age of 16 please contact our Client Services team on (08) 8366 2000.

For any further information or questions please don't hesitate to contact our Client Services team on **(08) 8366 2000**.

Please remember to bring your pathology request form with you on the day of your appointment.