

Glucose Tolerance Testing - Patient Information

Patient Name _____ DOB _____

Purpose

A glucose tolerance test (GTT) is a medical procedure involving the administration of glucose to determine how quickly it is cleared from the blood. The purpose is to test for diabetes, gestational diabetes, maternal hypoglycemia, insulin resistance, and sometimes reactive hypoglycemia. A glucose solution is given orally and blood is drawn at timed intervals for measurement of glucose or blood sugar.

What if you opt not to have this procedure? Without results your physician may not be aware of a metabolic condition that could lead to organ damage, pregnancy complications, or fetal injury.

Scheduling and Arrival

Please call the **Outpatient Laboratory Services site (Northwest Professional Center Building)** at 752-1737 to schedule your GTT test. The Lab Staff will provide you with directions to the facility and appointment time. **Appointments are available Monday through Friday with test start times between 8:00 AM and 10:00 AM, only. GTT's last from 2 ½ hours to 3 ½ hours**, depending on the particular test your doctor has ordered.

- Check in at the Outpatient Laboratory Services, Northwest Professional Center, 75 Claremont Street, Suite D on your appointment date and time. The Lab Staff will take your information form, answer any questions and begin the test procedure.
- Bring something to do during the procedure (you are not able to leave or walk around), such as a book to read, as most of the procedure is simply resting and waiting. ***Patients should bring a snack such as peanut butter or cheese & crackers to the procedure for eating afterwards.***

Preparation

- The procedure yields the best results when you are healthy. If you are ill, please reschedule.
- **Fast 8 to 14 hours before the procedure.** You may drink water and continue with your current medications.

During the procedure

- If you weigh less than 95 pounds (43kg), inform the laboratory prior to receiving the glucose solution.
- Rest and do not eat or smoke. Only drink small amounts of water.

Cautions/Risks

- The test is usually well tolerated; however, some patients may feel transient side effects, such as nausea and lightheadedness. If any of these occur, please tell the phlebotomist immediately. On rare occasions patients have fainted.
- A low glucose may adversely affect your ability to function fully; therefore, we strongly recommend that you eat your snack after the last glucose level is drawn.

I understand that my provider (Dr. _____) has ordered the _____-Hour GTT for me.
I have read, understand and asked questions regarding the above information.

Patient Signature _____ Date/Time _____

Printed Name _____