

Sugar tolerance test (glucose tolerance test)

The sugar tolerance test is performed to examine whether your sugar metabolism is normal. If your sugar metabolism is disturbed, your body tolerates less sugar than normal.

Making an appointment

Make an appointment for the test.
You can book online at www.satadiag.fi.
You can also call and make an appointment.
The number is 02 627 6410.
Staff will answer the phone on weekdays between 10 am and 3 pm.

Preparing for the test

Eat and drink normally on the day prior to the test.
Do not use alcohol.
If you smoke, stop smoking in the evening before the day of the test.
Do not smoke before taking the test.
Stop eating and drinking in the evening 10–12 hours before the test.
You can have a glass of water. Do not eat or drink anything else before the test.

Blood samples

The nurse will first take a blood sample. You will then be given a glucose solution to drink.

The amount of sugar solution that adults drink is 250 millilitres (about a cup). Children usually drink less than adults because they weigh less.

The test takes about two hours.

During that time, the nurse will take several blood samples.

You must remain at the sample collection premises for the duration of the test.

Do not eat or drink anything before the test has been completed.

You can bring something to eat with you if you like.

Do not eat anything until the test has been completed.

Contact information

Satakunnan hyvinvointialue
Laboratory - SataDiag
Phone enquiries 02 627 6410
weekdays 10 am – 3 pm.