

## **Glucose tolerance test (Pt-Gluk-R1 1483, Pt-GlukR2h 12073)**

The test is also known as “oral glucose tolerance test”. The test is performed to examine possible disturbances in glucose (sugar) metabolism.

### **How to prepare yourself for the test**

1. Eat normally in the day before the test. This guarantees a reliable test result.
2. Don't eat anything in the evening, 10-12 hours before the test.
3. You may drink water before the test. During fasting, you can drink water if necessary. Avoid physical strain. Avoid smoking.
4. During the test
  - don't eat or drink anything (not even chewing gum or pastilles) except the glucose solution given at the laboratory
  - you may not leave the laboratory

### **Procedure**

1. First, a blood sample is drawn from a vein of your forearm.
2. After this, you are asked to drink a portion of glucose solution. You should drink the whole portion.
3. After ingesting the glucose solution, one or two more blood samples will be drawn within the next two hours.

The whole test will take about 2,5 hours.

If you have questions regarding the test, contact the health care unit that ordered the test.

You may ask for the test results from the health care unit treating you.

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