

## **Glucose tolerance test (PT-Gluk-R2, 1484)**

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

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

1. Eat as you eat normally on the day before the test. This guarantees that the test gives a reliable result.
2. Don't eat anything after 10:00 o'clock PM (22:00 hours) the evening before the test.
3. You may drink water before the test as you need.
4. During the test:
  - you may not eat anything (not even chewing gum or pastilles) and not drink anything except the glucose solution which you receive at the laboratory
  - you are not allowed to smoke
  - avoid physical strain
  - you may not leave the laboratory
5. If you don't feel well during the test, talk with your doctor at your next visit about how you felt and at which time point the symptom appeared.

### **Procedure**

1. First, a blood sample is drawn from a vein on the inside of your elbow.
2. After this you are asked to drink the test solution, which is sugar (glucose solution)
3. After you have drunk the test solution, blood samples are taken over the next 5 hours.

The examination will take about 5.5 hours.

In matters related to the performance of this examination you may contact the hospital unit that ordered the examination.

You may ask for the result of this examination at the hospital unit where you are being treated.

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