



Glucose Tolerance Testing (GTT)

Your physician has requested one of the following tests. This is a timed test. You are required to remain at the facility for the duration of the test unless otherwise noted.

One (1) Hour GTT (no fasting specimen required)

1. You will be required to remain at the laboratory for 1 hour.
2. You will be given a glucose solution to drink. Finish the drink within 5 minutes and notify the staff members as soon as you have completed the drink. Timing of the test will begin at this time.
3. Do not eat or drink anything else during this time. A small amount of water is acceptable, but please ask a staff member.
4. You will be called to the phlebotomy room to have your blood drawn in one hour. Please assist the staff by keeping an eye on time. If the time exceeds one hour and you have not been called, please notify a staff member immediately.
5. If you feel dizzy, light-headed, or nauseated, notify a staff member immediately. The staff member will assist you by escorting you to a bed to lay down and may place a cold cloth on your head. If you vomit, the test will be discontinued and your physician will be contacted for further instructions.

One (1) Hour GTT (fasting specimen required)

1. You will be required to remain at the laboratory for 1 hour.
2. If directed by your physician, you should fast (nothing to eat or drink except water) for 10 to 12 hours.
3. Your blood will be drawn for a fasting or first specimen when you arrive at the laboratory.
4. You will be given a glucose solution to drink. Finish the drink within 5 minutes and notify the staff members as soon as you have completed the drink. Timing of the test will begin at this time.
5. Do not eat or drink anything else during this time. A small amount of water is acceptable, but please ask a staff member.
6. You will be called to the phlebotomy room to have your blood drawn in one hour. Please assist the staff by keeping an eye on time. If the time exceeds one hour and you have not been called, please notify a staff member immediately.
7. If you feel dizzy, light-headed, or nauseated, notify a staff member immediately. The staff member will assist you by escorting you to a bed to lay down and may place a cold cloth on your head. If you vomit, the test will be discontinued and your physician will be contacted for further instructions.

Two (2) hour GTT or longer (no 30 minute specimen required)

1. You will be required to remain at the laboratory for _____ hours.
2. If directed by your physician, you should fast (nothing to eat or drink except water) for 10 to 12 hours.
3. Your blood will be drawn for a fasting or first specimen when you arrive at the laboratory.
4. You will be given a glucose solution to drink. Finish the drink within 5 minutes and notify the staff members as soon as you have completed the drink. Timing of the test will begin at this time.
5. Your blood will be collected one time per hour for _____ hours.
6. Do not eat or drink anything else during this time. A small amount of water is acceptable, but please ask a staff member.
7. You will be called to the phlebotomy room to have your blood drawn at one-hour intervals. Please assist the staff by keeping an eye on time. If the time exceeds one hour between draws and you have not been called, please notify a staff member immediately.
8. If you feel dizzy, light-headed, or nauseated, notify a staff member immediately. The staff member will assist you by escorting you to a bed to lay down and may place a cold cloth on your head. If you vomit, the test will be discontinued and your physician will be contacted for further instructions.

Two (2) hour GTT or longer (30 minute specimen required)

1. You will be required to remain at the laboratory for _____ hours.
2. If directed by your physician, you should fast (nothing to eat or drink except water) for 10 to 12 hours.
3. Your blood will be drawn for a fasting or first specimen when you arrive at the laboratory.
4. You will be given a glucose solution to drink. Finish the drink within 5 minutes and notify the staff members as soon as you have completed the drink. Timing of the test will begin at this time.
5. Your blood will be collected 30 minutes after your finish the glucose solution, then again in 30 minutes after that (1 hour from the time of completing the glucose drink). Then your blood will be collected one time per hour for _____ more hours.
6. Do not eat or drink anything else during this time. A small amount of water is acceptable, but please ask a staff member.
7. You will be called to the phlebotomy room to have your blood drawn at one-hour intervals. Please assist the staff by keeping an eye on time. If the time exceeds one hour between draws and you have not been called, please notify a staff member immediately.
8. If you feel dizzy, light-headed, or nauseated, notify a staff member immediately. The staff member will assist you by escorting you to a bed to lay down and may place a cold cloth on your head. If you vomit, the test will be discontinued and your physician will be contacted for further instructions.