

## Glucose Tolerance Test

### What is the Glucose Tolerance Test?

The Glucose Tolerance Test measures how well your body processes sugar over a period of time. It's often used to check for conditions like diabetes or gestational diabetes (for pregnant women) by evaluating your body's ability to regulate blood sugar after consuming a sweet drink. This test gives your healthcare provider valuable insights into how effectively your body manages glucose.

### Why is This Test Being Done?

After you consume sugar, your body should naturally regulate blood glucose levels. This test checks if your body's response to sugar is normal, helping to identify potential issues with blood sugar control, such as diabetes or insulin resistance. The test helps your healthcare provider assess if your blood sugar levels rise too high or if your body has difficulty processing glucose.

### Preparing for the Test

- 1. Fasting Period:**  
You will need to fast for **8 to 12 hours** before the test. This means no food or drinks (other than water) during this time to ensure accurate fasting glucose levels.
- 2. Arrive at the Lab:**  
Go to the lab. When you arrive, your healthcare provider will take a fasting blood sample and a urine sample to establish your baseline levels.

### During the Test

- 1. Baseline Check:**  
If your initial blood and urine levels fall within the acceptable range, you can proceed with the test. If not, your healthcare provider may need to consult with the Lab Manager or your doctor to decide the next steps.
- 2. Drinking the Glucola:**  
If the test proceeds, you'll be given a glucose drink (called Glucola) to consume. You'll need to drink all of it within **10 minutes**. The drink contains a specific amount of sugar, which your doctor has determined is right for your test.
- 3. Hourly Testing:**  
After you finish the Glucola, you'll stay in the lab for the entire duration of the test. Each

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hour, a lab technician will take a blood sample and ask you to provide a urine sample to monitor how your body is processing the glucose. This part of the test typically lasts a few hours, depending on your doctor's instructions.

**4. No Eating During the Test:**

You won't be allowed to eat during the test, but you may drink ice water if needed.

### **If You Feel Unwell**

If you start to feel sick at any time during the test, let the lab staff know. They will stop the test, assess your condition, and notify your healthcare provider if necessary.

### **Important Reminders**

- **Plan Ahead:** Since this test requires several hours, arrange your schedule so you're available for the entire test duration.
- **Stay Hydrated:** You may drink ice water, but avoid any food or other drinks until the test is over.
- **Bring Entertainment:** Consider bringing a book or device to pass the time, as you'll need to remain in the lab during the test.

Following these instructions helps ensure accurate test results, which are essential for your healthcare provider to assess your health accurately. If you have questions, don't hesitate to contact your healthcare provider.