

3 Hour Glucose Tolerance Testing – Patient Instruction

A 3-hour Glucose Tolerance test will take approx 3 ½ hours

Pre-test:

- DO NOT EAT or DRINK ANYTHING, except water, for at least 8 hours before your test (unless directed otherwise by your provider).
- You may bring a book to read or another quiet activity to occupy your time during the procedure. Only the patient will be allowed in the lab waiting area.

During test:

- No smoking, gum chewing, eating or drinking anything other than water.
- Soon after arrival, you will have a blood specimen drawn for your baseline test. You will then drink a carbonated beverage containing a measured amount of glucose. Additional blood specimens will be collected at timed intervals until the test is completed.
- You may not leave the facility during the intervals between specimen collections. You will need to sit in the lab waiting area, which is restricted to patients only.
- Usually there are no side effects, but if you experience any lightheadedness, nausea, etc., please notify our staff.
- Normal activity may be resumed when testing is completed.
- Results of your tests will be forwarded directly to your physician and you will be notified within 2 business days. Please call the office if you have not heard from our staff within that timeframe.

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