

# Te Whatu Ora

Health New Zealand

Te Matau a Māui Hawke's Bay

## Laboratory Services

### GLUCOSE TOLERANCE TEST

Your health professional has requested this test to help in the diagnosis of diabetes.

- You will need to telephone the collection room to make an appointment
- You need to fast for **at least 8 hours** and **no more than 14 hours** before the test.
- You should enjoy your normal diet without restrictions, including sugar. Take your normal exercise for the 3 days prior to your test but avoid vigorous exercise in the 12 hours immediately prior to the test.
- If you are taking any medication you should continue to take this, unless instructed otherwise by your health professional.
- You will need to remain at the collection rooms for just over 2 hours. During this time you will be required to rest.
- You will not be allowed to smoke, eat, or drink (**not even water**) during the whole 2 hour period of your test as this may invalidate the results.

#### Test Procedure

Please follow the guidelines listed below. This will ensure the accuracy of your test results.

1. The evening before your test, have normal evening meal and supper (no later than 9.00pm).
2. Do not eat or drink anything - other than water - from 9.00pm until after you have had your test the following morning.
3. On the morning of your test DO NOT eat breakfast. You may drink water only.
4. A blood sample will be collected. You will then be given a drink containing 75g of glucose. You will be asked to drink this over a period of no more than 5 minutes.  
*You should inform the staff if you feel unwell at any time during the test.*
5. A second blood sample will be collected 2 hours after you have finished the glucose drink

**Should you be at all unsure what to do, please phone the laboratory or your local collection room.**

#### **Central Hawke's Bay Health Centre Laboratory**

**Ph 06 858 7797      Ext 5553**

**Weekdays 7.30am – 5pm**

**(Collection hours 7.30am – 4:15pm)**

#### **Napier Health Centre Laboratory**

**Ph 06 834 1815      Ext 4142**

**Weekdays 8am – 5pm**

#### **Wairoa Health Laboratory**

**Ph 06 838 9710      Ext 4859**

**Weekdays 7.30am – 4.30pm**

**(Collection hours 7.30am – 3pm)**

#### **Villa 8 Hastings Hospital**

**Ph 06 878-1308      Ext 2648**

**Weekdays 8am – 5pm**