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### **How to prepare for a glucose tolerance test (Pt-Gluk-R1, Pt-Gluk-R6)**

The glucose tolerance test is used to diagnose diabetes. The test measures the body's ability to regulate the blood sugar level after sugar has been consumed.

#### **Test procedure**

The test starts with a blood sample. After you have given the blood sample, you will be asked to drink a sugar solution. Another blood sample will be taken 2 hours later (1 hour later if you are pregnant). You will have to stay in the sampling area during the test. You can drink a glass of water during the test.

#### **Preparing for the test will affect the test results**

##### **1. Food (fasting)**

You should not eat anything for 10 hours before the test. A 12-hour fast is recommended for pregnant women. Avoid fasting for more than 14 hours, even though it is still possible to perform the test. You can drink a glass of water while fasting.

##### **2. Medicines**

Take your normal medication unless you have received other instructions from your doctor.

##### **3. Alcohol and tobacco**

You may not consume alcohol on the day preceding the sampling, nor during the morning of the test. Smoking should be avoided on the morning of sampling.

##### **4. Stress**

Avoid heavy physical exertion on the day before sampling. Allow enough time to be able to sit for a while before the test and sample collection to balance your blood circulation.

Please let the sampling person know if you have not been able to follow the patient instructions or if you were told to follow different instructions.

Your doctor or nurse will answer any questions related to the tests and results. Any questions related to the taking of the sample will be answered by the laboratory.