

7.2.2025

Preparation for glucose tolerance test (glucose test) (Pt-Gluk-R1, Pt-Gluk-R6)

For glucose tolerance test book an appointment from ISLAB's Glucose test (glucose tolerance) service. Appointments: www.islab.fi/ajanvaraus or call 044 7178888 Monday to Friday at 12-2pm (call back service Mon-Fri 8am -12am)

Preparation for test

- **Food (fasting):** Do not eat anything for 10 hours before the test. Avoid fasting for longer than 14 hours, although it does not prevent testing. You may drink a glass of water while you fast.
- **Medication:** Take your medication as usual unless otherwise instructed by your physician.
- **Alcohol and cigarettes:** Do not drink alcohol the day preceding the test. Avoid smoking in the morning of the test day.
- **Physical stress:** Avoid heavy physical stress during 24 hours preceding the test. Come to the laboratory 10 minutes before your appointment so that you can sit down for a while to allow normalisation of your blood circulation.

The test

At first, a blood sample is taken. If requested, all other blood samples are taken at the same time. After that you will be given a sugary liquid to drink. A new sample will be taken after 2 hours (for pregnant women a sample is taken also 1 hour after drinking the liquid). **You must stay in the laboratory throughout the test.**

Let the person collecting the sample know if you were not able to follow these instructions or if you were given other kind of instructions.

Your medical care physician or nurse will answer inquiries concerning testing and test results. The laboratory will answer questions related to sampling procedure.