

Preparation for glucose tolerance test (glucose test)

- Tests: Pt-Gluk-R1 (1483) and Pt-Gluk-R6 (4800)
- If you have had bariatric (weight-loss) surgery, please have a discussion with your doctor before glucose tolerance test. Your doctor will decide whether you are eligible for glucose tolerance test.
- Please book an appointment for glucose tolerance test from ISLAB's Appointment Service at www.islab.fi or tel. 044 717 8888.

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 for 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 normalization of your blood circulation.

The test

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.** If needed, you are allowed to drink a glass of water during the test.

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

If you have any questions regarding the sample collection, please contact ISLAB's customer service by calling tel. 044 457 0740.

Your own doctor or nurse will answer any questions you may have about your tests and results.