



DIET SHEET / GLUCOSE TOLERANCE TEST

PATIENT INSTRUCTIONS

Your appointment is at: _____

Collection Centre: _____

Day: _____ Date: ____ / ____ / ____

Time: _____ am

Please commence your diet on: _____

The 3 day diet is desirable but not essential. For any patient whose doctor indicates that the diet is not required, please follow the doctor's instructions.

PRE TEST PREPARATION

- A) To make sure that this test gives reliable results, it is important that you eat generous amounts of carbohydrate on each of the three days before the test. The carbohydrate foods that are recommended are bread, cereal, potatoes, vegetables and fruit. You should have your usual amounts of milk, meat, fish, eggs, cheese, butter and margarine and, as

well, eat the following foods daily during each of the three days before the test in at least these amounts.

- » 3 slices of bread or toast
 - » 1 serving of breakfast cereal or porridge, spaghetti
 - » 1 medium potato or one serving of rice
 - » 3 servings of vegetables
 - » 3 servings of fruit (fresh, cooked, canned or juice)
 - » For morning tea and afternoon tea have 2 biscuits or 1 scone or an extra slice of bread or toast.
- B) Do not eat after 9pm on the evening before the test. Only water and usual medication should be taken during the 12 hours before the test.
- C) No smoking on the day of the test.

IMPORTANT NOTE: If you should become unwell whilst on the three day high carbohydrate diet or notice that you are losing weight, feeling drowsy, thirsty or are passing large amounts of urine, please contact your referring doctor immediately.



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DURING THE TEST

1. You will be required to remain in the collection centre for the duration of the test (between two and five hours depending on the test ordered by your doctor). This is because factors such as exercise, smoking and caffeine consumption can affect the results of the OGTT. Permission to leave the collection centre during the test will only be given following approval by your doctor.
2. You will be required to drink a sweet glucose drink and blood will be collected at appropriate intervals.

3. We suggest that you bring a book to read.

If you require further information please ring the collection centre at which you are having your test.