

Glucose Tolerance Test (GTT)

Booking your test

It is essential for you to make an appointment prior to attending for your test.

1. Go to: www.health.act.gov.au/actpathology
2. Click the link that says: **GTT bookings**. Use the drop down arrow to choose the collection centre you want to go to
3. Choose a time and press < **Book now**>
4. Fill in booking information page
5. You will receive an email with all the details and confirmation/reminder via text
6. You can also do this by phoning your convenient collection centre (listed on the back of this page)

Please be aware that at our community-based collection centres - Gungahlin, Tuggeranong, Belconnen- there is a possibility that the test may be stopped prematurely if the glucose meter indicates a high fasting glucose result. In these instances it is not considered safe to continue and your doctor will be notified. Depending upon the outcome of confirmatory testing that is subsequently performed at the laboratory, there is a possibility that a recollection may be required and this would need to be undertaken at the Canberra Hospital collection centre. When you attend the Canberra Hospital collection centre, a high fasting glucose result can be confirmed by the laboratory while you are still at the centre.

When booking a Glucose Tolerance Test, please be aware you will be fasting from 12 midnight and will not be allowed to eat (water is allowed) until the test is completed.

Your appointment time and date:

Commence your diet on:

Fast from:

Glucose Tolerance Test Instructions

You are to have an oral glucose tolerance test to find out how well your body uses sugar and carbohydrates. It is necessary to follow these instructions for a reliable result of your glucose tolerance test. If you are not able to adhere to these instructions you may find your test cancelled.



Smoking

Do not smoke for 24 hours before or during the test.

Alcohol

Limit your alcohol intake for 3 full days prior to the test to one drink or less per day.

Meals

It is necessary to follow a High Carbohydrate Diet for 3 full days before the test. This diet should include sugar, fruits, bread and cereals. An example meal plan is provided and is intended as a guide only. There is no need to restrict tea, coffee or soft drinks. Continue to use your normal amounts of sugar sweetening.

Example Meal Plan

Breakfast

1 serve sugar sweetened fruit or 1 large glass (200mls) fruit juice.
3 serves bread or Cereal (1 slice bread or 1/2 cup cereal or 1/3 cup cooked rice = 1 serve)
2 teaspoons jam or honey
Eggs, cheese, meat, milk and butter or margarine may be included as desired.

Lunch

3 slices bread, 1 serve fruit (fresh or 1/2 cup stewed or canned)
Meat, eggs, cheese or fish, butter or margarine may be included as desired.

Dinner

1 slice bread or 1 cup thickened soup
1 cup potato or rice or noodles
1 large serve vegetables
1 serve of fruit, 1/2 cup of ice cream or flavoured yoghurt or sweet custard
Meat, poultry, fish, eggs or cheese may be included as desired.

Additional Intake

As snacks during the day include all of the following-2 extra slices of bread or 4 plain biscuits, 1 large (200ml) glass fruit juice.

Fasting

The day before the test, eat the evening meal and then fast for 8 to 12 hours. During the fast, please do not eat or drink anything other than water until the test is completed.

Activity:

Minimise activity such as walking or exercise the day before the test.

Please Note

Plan your day to allow for the test to take approximately 2 1/2 hours in entirety. As part of the test is to rest quietly, if possible, it would assist us and you if you had someone else care or mind your children during the test procedure itself.

You are then free to leave and return to your normal eating and drinking patterns, however, it is important not to leave the area at the end of the test if you feel unwell so please advise our staff.

Please remember, we are here to help you. For further information please contact one of the collection centres listed below.

ACT Pathology Collection Centres doing GTTs

- The Canberra Hospital - Ph 6244 2816
Mon - Fri 7.30 - 5.30
Saturday 8.30 - 12.15
- Gungahlin Health Centre - Ph 6174 5264
Mon - Fri 7.30 - 4.30
Saturday 8.30 – 12.30
- Belconnen Health Centre - Ph 6205 1315
Mon - Fri 8.00 - 5.00
- Tuggeranong Health Centre - Ph 6205 2794
Mon - Fri 8.00 - 5.00
Saturday 8:30-12:00
- Saturday Morning GTT Clinic –Ph 512 42816
Antenatal Clinic, Building 11, Level 2
Women's and Children's Centenary Hospital, TCH
Next to Zoukis cafe

Phone 02 5124 2932 Fax 02 5124 2815

actpathology@act.gov.au

www.health.act.gov.au/services/act-pathology

Gilmore Crescent Garran ACT 2605 PO Box 11 Woden ACT 2606

