

Oral Glucose Tolerance Test -Pregnancy

Booking your test

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

1. Go to: www.health.act.gov.au/actpathology
 2. Click the left tab that says: **<Making an appointment>**.
 3. Under Glucose Tolerance Testing (GTT) Bookings, click **<here>**
 4. Use the drop down arrow to choose the Collection Centre you want to go to
 5. Use the calendar to pick the date, then the available times will display.
 6. Choose a time and press **< Book now>**
 7. Fill in booking information page
 8. You will receive an email with all the details and confirmation/reminder via text
- Please Note: Bookings are limited to certain numbers per day.

BE AWARE: Pregnancy Glucose Tolerance Testing is only performed at some of our collection centres. These are: The Canberra Hospital, Tuggeranong Health Centre, Belconnen Health Centre, and Gungahlin Health Centre. If you have your testing at the community collection centres 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. This would need to be undertaken at the Canberra Hospital at which time 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:

What you need to bring

- You must bring your pathology request form – we cannot proceed without it
- Please bring your Medicare card

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.

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



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.

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

Activity

Minimise exercise or walking the day before and on the day of the test.

Alcohol

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

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.

Park your car at a 3 hour parking spot or more. Moving your car in between the test is not allowed.

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.

For further information please contact one of the collection centres listed below.

ACT Pathology Collection Centres performing GTTs

- The Canberra Hospital - Ph 5124 2816
Mon - Fri 7.30 - 5.30
Saturday 8.30 - 12.00
- Gungahlin Health Centre - Ph 5124 1135
Mon - Fri 7.30 - 4.30
Saturday 8.30 - 12.30
- Belconnen Health Centre - Ph 5124 1502
Mon - Fri 8.00 - 5.00
- Tuggeranong Health Centre - Ph 5124 1352
Mon - Fri 8.00 - 5.00
Saturday 8:30-12:00

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