

HOW LONG WILL THE PROCEDURE TAKE?

The entire Glucose Tolerance Test typically takes **2 to 3 hours** from your initial arrival until the final blood draw.

Please plan accordingly and ensure you have nothing urgent scheduled immediately after.

SPECIAL INFORMATION FOR PREGNANT WOMEN: SCREENING FOR GESTATIONAL DIABETES

If you are pregnant, your doctor may recommend a Glucose Tolerance Test to screen for **Gestational Diabetes**. This is a type of diabetes that develops during pregnancy and usually resolves after childbirth. Early detection and management are crucial for the health of both you and your baby.

What to Expect (Gestational Diabetes Screening):

- The preparation steps are the same as outlined above.
- The procedure will generally follow the same timeline and blood draw schedule (initial, 1-hour, and 2-hour samples).
- Even if you feel well, it's important to complete the test as recommended by your doctor, as gestational diabetes often has no noticeable symptoms.

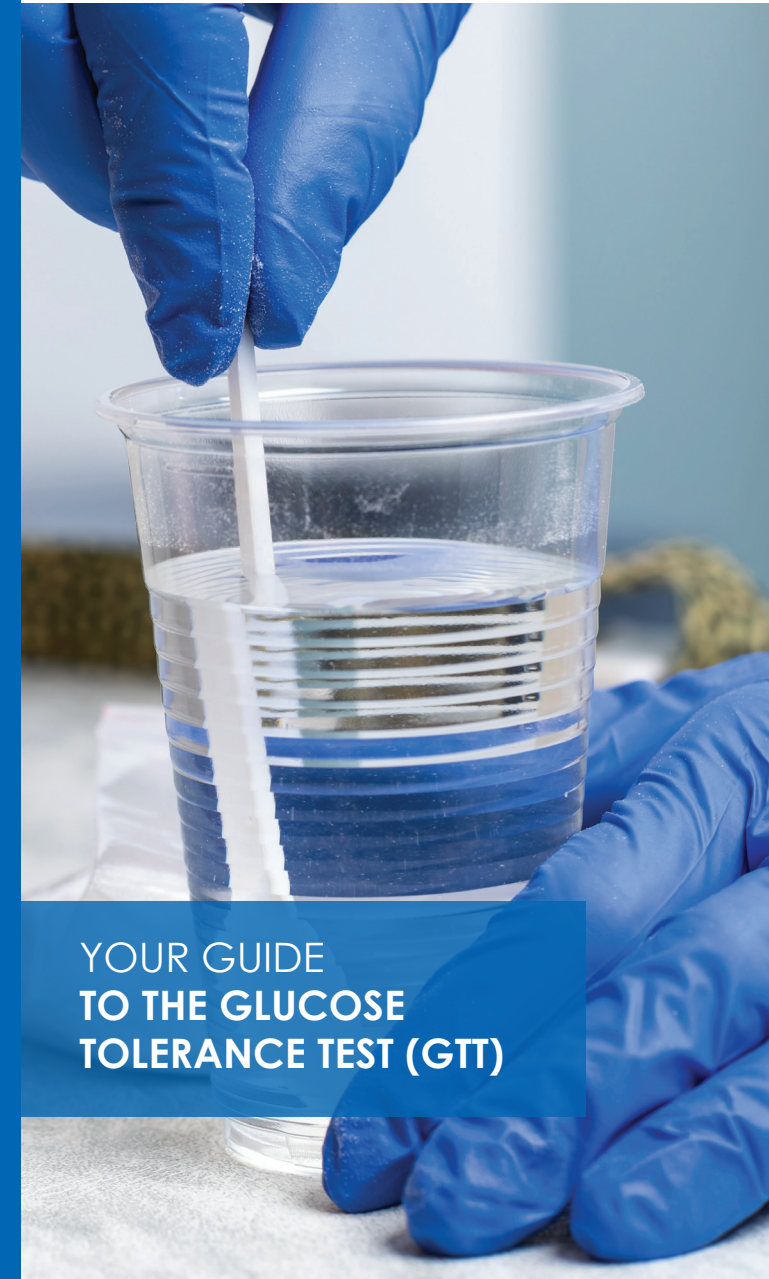
AFTER YOUR TEST

Once all blood samples have been collected, you are free to leave and resume your normal activities and diet. Your test results will be sent to your doctor, who will discuss them with you and explain what they mean for your health. If you have any questions or concerns before your Glucose Tolerance Test, please do not hesitate to contact your doctor or our clinic staff.

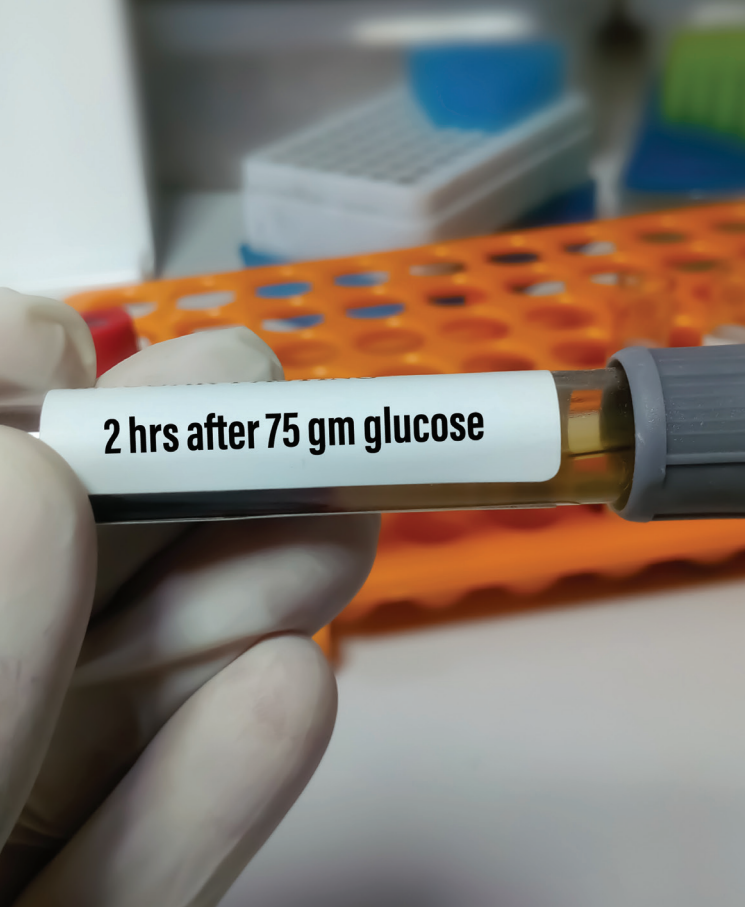


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**YOUR GUIDE
TO THE GLUCOSE
TOLERANCE TEST (GTT)**



YOUR GUIDE TO THE GLUCOSE TOLERANCE TEST (GTT)

A Glucose Tolerance Test (GTT) is a crucial diagnostic tool used to assess how your body processes sugar (glucose). This test helps your doctor diagnose conditions like diabetes, impaired glucose tolerance, or gestational diabetes.

Please note: All Glucose Tolerance Tests must be booked in advance. To ensure we can accommodate you and provide the best care, please contact your nearest care centre to schedule your appointment. The test must be done in the morning, starting between 07:00 - 09:00.

HOW TO PREPARE FOR YOUR GLUCOSE TOLERANCE TEST

Accurate results depend on proper preparation. Please follow these instructions carefully:

- **Dietary Preparation (3 Days Before the Test):** For three days leading up to your test, consume your usual diet, ensuring it includes at least 150 grams of carbohydrates per day. This helps ensure your body is in a normal metabolic state. (One slice of bread, ½ cup cooked rice, one small fruit, or one cup of milk each contain approximately 15 grams of carbohydrates).
- **Fasting (8-12 Hours Before the Test):** You must fast for 8 to 12 hours (but not more than 16 hours) before your appointment. This means no food, sugary drinks, chewing gum, coffee, or tea (even black coffee/tea) during this period. You may drink plain water. Children only need to fast for 6 hours and babies for 4 hours.
- **Medications:** Inform your doctor about all medications you are currently taking, including over-the-counter drugs and supplements. They may advise you to temporarily stop certain medications before the test. Do not stop any prescribed medication without your doctor's approval.
- **Avoid Alcohol:** Do not consume alcohol from the evening before the day of the test.
- **Physical Activity:** Avoid strenuous exercise for 24 hours before the test.
- **Smoking:** Refrain from smoking on the morning of the test, as it can affect your results.
- **Rest:** Get a good night's sleep before your test.

WHAT TO EXPECT ON THE DAY OF YOUR TEST

The Glucose Tolerance Test is a multi-step procedure that requires you to remain at the clinic for an extended period.

1. **Arrival and Initial Blood Draw:** When you arrive, a healthcare professional will take an initial blood sample. This is your "fasting" blood glucose level. We will need to wait for this result before we can proceed with the test. If your fasting blood glucose level is too high, we will have to discontinue the test.
2. **Glucose Drink:** After the initial blood draw, you will be given a special glucose drink to consume. This drink is very sweet, and you must drink it within 5 minutes.
3. **Waiting Period:** After consuming the drink, you will need to remain at the care centre. During this time, it is important to:
 - a. **Stay Seated and Relaxed:** Avoid physical activity, walking around, or any strenuous movement, as this can affect your results.
 - b. **No Food or Drink (Except water):** Do not eat or drink anything else (except plain water if needed) until the test is complete.
 - c. **No Smoking:** Please refrain from smoking during the entire test.
4. **Subsequent Blood Draws:** Blood samples will be taken at specific intervals after you drink the glucose solution (e.g., at 1 hour and 2 hours). The exact timing and number of blood draws will be determined by your doctor's specific request.