



## **Patient Instructions for Glucose Tolerance Test**

1. Schedule an appointment with the lab.
2. Fast 12-14 hours before having test done.
3. Drinking water before and during test is encouraged.
4. No smoking or eating during test period.
5. Blood will be drawn at different time intervals depending on the doctor's order.
6. Inform the lab if you need anything or if you begin to feel sick, dizzy or faint.
7. The lab needs to know where you are at all times. You will be asked to wait in the hall or waiting area.
8. Some patients will experience low glucose levels after the test has ended. For this reason, we request that you bring a drink and a snack to be eaten before you leave.