
Patient's Notes

THE HEDON GROUP PRACTICE



**THE HEDON GROUP
PRACTICE**

At

*Market Hill House
Hedon
HU12 8JD*

Tel: (01482 899111)

And

*Chapel Lane
Keyingham
HU12 9RA*

Tel: (01964) 622706

**THE
GLUCOSE
TOLERANCE
TEST**



*This leaflet has been produced
for the patients of the Hedon
Group Practice.*

Your Questions Answered

WHAT IS A GLUCOSE TOLERANCE TEST?

It is a test to investigate how efficiently your body uses glucose (sugar). Your blood and urine will be tested.



Please bring a urine sample with you.

DO I NEED TO FOLLOW ANY SPECIAL DIET PRIOR TO THE TEST?

No. Please eat a normal diet (do not restrict your sugar intake) for three days prior to the day of the test.

However, do not eat, or drink anything other than plain water from 8.00pm the evening before your test.

HOW IS THE TEST PERFORMED?

Your urine sample will be tested while you are at the Surgery.

You will have a sample of blood taken from your arm (vein). You will then be given a glucose drink and after two hours the blood test (from the vein in your arm) is repeated.



You will need to stay in the Surgery and have nothing to eat or drink, except water, until the second blood test has been taken.

HOW SOON WILL I GET THE RESULTS?

You will be told of the result of the urine test on the day you are at the Surgery.

Your blood test results will be sent to your GP within one working week and you will need to make an appointment to discuss the results with him/her.



GENERAL ADVICE

You should notify your Doctor or Nurse if you are taking any medications that may affect the results of your test.