

Patient Information from



GLUCOSE TOLERANCE TESTING

All glucose tolerance tests (GTT) must be scheduled with Meadville Medical Center Laboratory-Liberty Street, phone **814-333-5182**. These tests are performed Monday through Friday.

This test is not reliable if the patient has recently had surgery or currently has an infection.

Patient Preparation:

Fast of 10-16 hours is required

Avoid the following foods or activities during this fasting period and during the test:

Caffeine (tea, coffee or caffeinated soft drinks)

Smoking/tobacco products - Caffeine and nicotine could cause a false glucose elevation.

Alcohol

Exertion - You should remain seated during the test.

Some medications can affect glucose tolerance, so if you take any of the medications listed below, check with your physician prior to the test and ask if you should take them on the day of your test.

Thiazide diuretics (ex. hydrochlorothiazide)

Beta-blockers (ex. atenolol, metoprolol, propranolol)

Oral contraceptives containing estrogen

Corticosteroids (ex. dexamethasone, prednisone)

NSAIDS (ex. aspirin, ibuprofen)

Some psychiatric medications including some anti-seizure medications

Anti-tuberculosis medications

Patients must register before reporting to the lab. The patient should arrive at the lab between 7:30 a.m. and 8:00 a.m. Once the test has begun, the patient will be given a drink containing a measured amount of glucose. Due to the length of these tests, and the possible side effects (e.g., nausea or dizziness), the patient must remain in the vicinity of the lab waiting room for the duration of the testing period.

2-Hour GTT: The patient will be at the lab approximately 3 hours. A glucose drink will be given. Two blood samples will be taken at certain intervals during a 2-hour period.

3-Hour GTT, Pregnant: The patient will be at the lab approximately 4 hours. A glucose drink will be given. Four blood samples will be taken at certain intervals during a 3-hour period.