

Patient Information

Pathology

Glucose tolerance test – A test for diabetes

Please book your glucose tolerance test appointment online at:
www.swiftqueue.co.uk/uhcw.php

Choose: City of Coventry HC GTT

Your appointment

Date:

Time:

Location:

City of Coventry Health Centre, Phlebotomy (blood tests)
Ground floor, 2 Stoney Stanton Road, Coventry, CV1 4FS

When you arrive, please go to the phlebotomy reception where staff will check you in.

If you need to cancel your appointment, you can do this online at the same website.

Important: Please bring the blood test request form that your doctor, nurse or midwife gave you. This form must have your name and details on it.



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Why do you need this test?

Your doctor has asked for this test to check if you have diabetes mellitus. This might be because sugar (glucose) was found in your urine, or because of the symptoms that need more investigation. This test is also commonly done during pregnancy.

Diabetes mellitus is a common condition where the level of sugar in the blood is too high because the body cannot use it properly.

You can find more information at: www.diabetes.org.uk or call 0345 123 2399.

Preparation for the test

Before the test

- Eat normally for at least 3 days before the test.
- Do not eat or drink anything (except plain water) from midnight before the test.
- Keep taking your prescribed medicines unless your doctor advises otherwise.
 - If you take metformin, please contact your doctor as soon as you receive this letter, as it can affect the test results.

The test

- The test takes 2 to 3 hours, so bring something to read or do while you wait.
 - Bring your blood test request form with you.
 - Do not smoke during the test, as it can affect the results.
1. A blood sample will be taken from your arm or finger to measure your initial blood sugar level.
 2. In some cases, the first result might be enough and you will be told you can go home.

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3. Most people will continue the test. You will be given a sweet drink to finish within 5 minutes.
4. During the next 2 hours, you may drink plain water only.
5. You must remain seated and stay in the building – no walking around or going outside.
6. After 2 hours, a second blood sample will be taken. This completes the test and you may then go home.

The test results

Your doctor or midwife will receive your results within a couple of days and will explain them to you.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the Biochemistry department on 024 7696 5478 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



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