

Patient Information

Coventry and Warwickshire Pathology Services

Glucose tolerance test – test for diabetes

Please book an appointment for a glucose tolerance test online at
www.swiftqueue.co.uk/uhcw.php

Please select City of Coventry HC GTT

Booked appointment

On Date Time

At **City of Coventry Health Centre**, Phlebotomy (blood taking),
Ground Floor, 2 Stoney Stanton Rd, CV1 4FS

Please proceed to the phlebotomy reception where you will be checked in
for your appointment.

If you need to cancel the appointment you have booked this can also be
done online.

Bring your blood test paper form with your name and details on, which your
doctor, nurse or midwife has given to you.



Patient Information

Why is this test required?

Your doctor has requested you attend for a glucose tolerance test to see if you have diabetes mellitus. Glucose (sugar) may have been found in your urine, or the doctor may have noticed symptoms which need investigation. The test is often carried out in pregnancy.

Diabetes mellitus is a common condition in which the amount of glucose in the blood is too high because the body cannot use it properly.

Find more information on diabetes at www.diabetes.org.uk or call 0345 123 2399.

Preparation for the test

Before the test

- Eat as you would normally at least 3 days before the test
- Do not eat or drink (except plain water) from midnight the night before the test
- Continue to take prescribed medicines, unless advised not to. If you are taking metformin, please contact your doctor as soon as you receive this letter, because this will affect the results of the test

The test

The test will take between 2 to 3 hours. We suggest you bring something to read to help pass the time. Don't forget to bring your blood test paper form.

Smoking is not permitted during the test as it may affect the result.

Blood samples will be taken from your arm and/or finger, and the glucose level measured. Some patients may be told at this point that the test does not need to be continued and they can go home.

Patient Information

Most patients will continue with the test and will be given a sugary drink, which should be drunk within 5 minutes. During the 2 hour test you may drink plain water.

Please note this is a resting test and you must then sit quietly for 2 hours and are not allowed to walk around or leave the building. After the 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 the results within a couple of days and will explain the results 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.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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