

Dear Patient

**Important information when taking a glucose tolerance test.**

To make sure that this test gives the correct results, please read and follow these instructions carefully. Also, remember to arrange an appointment for your glucose tolerance test in advance.

PREPARATION:

- You must take the test on a fasting stomach, which means that you must not eat, drink, smoke or take snuff for at least eight hours before your test. This also applies to the two hours the testing takes. Sweets, sugar-free chewing gum and nicotine-free snuff are also not allowed. **You may drink one glass of water before you start, if you need to take important medicines. This is the only exception.**
- Please be aware that the testing will take 2½ hours and you will have to sit the whole time and not move about. If you come by car, please make sure that your parking arrangement allows more than enough time.
- It is important for you to rest and not use your energy for anything else. You are therefore not allowed to bring your children or to breastfeed during the two hours of the testing. Due to lack of space, we would prefer you to come alone unless you need an interpreter.
- If you have a temperature or become acutely ill, your glucose tolerance test will be postponed until you are well again.

THE TESTING:

- The testing will start with a blood test.
- Then we will ask you to drink 2 dl (about 6.75 ounces) of an orange-flavoured glucose solution. You should take no more than five minutes to drink this. We will help you to keep time.
- Then we will show you where to sit and wait for two hours. We suggest you bring something to read.
- When the two hours are up, you will have another blood test.
- This blood test marks the end of your glucose tolerance test.



WELCOME TO TESTING AT FÜRST!