

# Glucose Tolerance Test

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## Pre Test Preparation:

- Do NOT eat or drink for 12 hours prior to the time you are booked in.
- Keep your water intake as normal during this time.
- Do NOT smoke during this time.

## During the Test:

On arrival at our collection centre, a blood sample will be taken from you by one of our trained collecting staff. You will then be asked to drink a sweet glucose drink and blood will be collected one and two hours later. May we suggest you bring a book to read to help pass the time and a snack to have after your test.

**Please note: You will be required to remain in the collection centre for the duration of the test.**

## Find a collection centre

For a full listing of our collection centres and operating hours, or to find another centre close by, please scan the QR code with your smart phone.

