

Glucose tolerance test

What is a glucose tolerance test?

The glucose tolerance test evaluates the ability of the body to absorb glucose. During the test, glucose levels are measured first in the fasting blood and then over time after administration of a stable glucose dose to detect its changes in time. The results of the test are used for the differential diagnosis of glucose metabolism disorders (diabetes, gestational diabetes, glucose tolerance).

Preparation for the glucose tolerance test:

- follow the usual lifestyle three days before the study;
- avoid drugs that may affect blood glucose levels (diuretics, glucocorticoids, salicylates);
- on the day before the test, do not eat from 20:00 in the evening until the test is completed;
- do not smoke on the morning of the study.

Performance of the glucose tolerance test

- in the morning, come to the blood sampling room after 8:00
- upon arrival, you will be taken an empty stomach blood glucose sample from the tip of your finger. When the result exceeds 7.0 mmol/l, it is a case of an advanced diabetes and the test is discarded. If the result stays within the normal limits, blood sugar is determined from venous blood as well;
- then you will be given 75 grams of glucose that has been dissolved in 300 ml of water, which you have to drink (you may use a ready-made glucose solution purchased from a pharmacy); the solution should be drunk within 3-5 minutes;
- two hours after drinking the glucose solution, you will give a venous blood sugar sample. In pregnant women, blood sugar is determined twice from venous blood - 1 hour and 2 hours after drinking the glucose solution;
- During the study, you should not eat, drink or move actively. It is recommended to sit peacefully in the waiting room;
- the test takes 2.5-3 hours

Your doctor will notify you of the results of the study.

For more information on blood sampling, call 605 0758.