

Guidance for patients undergoing a Glucose Tolerance Test (GTT)

Introduction

The Glucose Tolerance Test is undertaken to determine if your blood glucose level is within a healthy range. The test helps with the diagnosis and monitoring of conditions such as pre-diabetes and diabetes.

The Glucose tolerance test is undertaken in the Phlebotomy department at Ashford Hospital.

Patients must fast (not eat or drink anything) 12 hours before the test commences.

Instructions.

1. Please attend the Phlebotomy department at Ashford Hospital.
2. Inform the Phlebotomist if you have eaten or drunk anything 12 hours prior to the test.
3. You will be given Lucozade or an equivalent liquid to drink.
4. You will then need to wait for two hours.
5. Following the Lucozade please remain in the waiting area for the duration of the two hour wait. The test requires that patients are relaxed and refrain from exercise as this will affect the test results.
6. Following your final blood test you may eat and drink prior to driving home.
7. Your results will be sent to the requesting Doctor within one week.

Please inform a staff member if you feel unwell at any point in time.

The Phlebotomy staff understand that having a blood test can be an unpleasant experience. If you have any questions or concerns please do not hesitate to ask a member of staff.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk

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Version: 1

Published: 05/05/2010

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون ਕਰیں: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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