



Glucose Tolerance Test (GTT)

Instructions for Patients

Please call Providence Client Services at (503) 215-6555 or toll-free at (866) 674-7990 to schedule a Glucose Tolerance Test (GTT) if your provider has ordered a GTT for you.

Preparation:

- Fast for 8 hours (no food or liquid other than water) before your GTT
- Take any required medications with water only, or consult your doctor for advice about delaying your meds until after the test
- Please arrive 15 minutes before your appointment so we can complete your registration and begin the test at the scheduled time

You will be asked to remain in the waiting area for the duration of the test

Be sure to bring the following items:

- Current insurance information
- Entertainment, such as:
 - Book
 - Magazine
 - Laptop (Wi-Fi is available at some locations)

Testing:

- To begin your tolerance test, we will draw a small tube of blood for a “fasting” glucose level
- If the results are within a certain range, you will be given a glucose beverage to drink
- Then we will collect additional blood specimens at hourly intervals, up to 3 hours, according to the specific tolerance test ordered by your doctor
- We request that you to stay in the immediate vicinity until the last blood sample is drawn
- Notify the phlebotomist immediately if you become nauseous or dizzy
- You may drink water, but may not consume food until the test is completed

Post Testing:

- Results are available to your physician within 24 hours
- If you choose to contact your doctor’s office for your report, please do so after 24-48 hours so they have adequate time to review the test results