

# Glucose Tolerance Test

## PATIENT INFORMATION

**Waters Green Medical Centre  
Sunderland Street  
Macclesfield  
Cheshire SK11 6JL**

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## WHY DO I NEED ONE?

You will probably have had one or two previous blood sugar tests which were above the normal limit.

A **Glucose Tolerance Test** is a definitive test to see how people's bodies use glucose.

## WHAT DOES THE TEST INVOLVE?

It involves fasting from about 6.00 pm the night before the test. You can still have as much water as you want and take any medication as normal.

## HOW DO I ARRANGE THE TEST?

You simply need to contact your surgery, or telephone the first floor on **01625 264095** to make an appointment.

You will have **Two Appointments** about 2 hours apart. At the first appointment you will have a blood test and then you will be given a sugary liquid to drink.



You will then need to have a further blood test about two hours later.

As this is done at the surgery we prefer patients to stay in the surgery in between the two appointments. Please bring something to read!



## HOW DO I GET THE RESULTS?

You should make a **Telephone Consultation** with the Doctor who arranged the test for about 3 days after the test has been done.

## DOES IT MEAN THAT I HAVE DIABETES?

Not necessarily - a lot of people have a normal result. Some people do have diabetes and sometimes they have what is called **Impaired Glucose Tolerance**.

Your Doctor will tell you the exact diagnosis and what treatment, if any, is needed.

