

INFORMATION REGARDING YOUR UPCOMING GLUCOSE TOLERANCE TEST

What is a Glucose Tolerance Test (GTT)?

To diagnose diabetes, a standardized amount (300 calories) of simple sugar is given to the patient in the form of an orange or cola flavored drink. The results of the blood sugars before and after the sugar challenge have been standardized through research studies to predict the development of diabetes and subsequent complications of the diabetes. At two hours after the sugar challenge, a blood sugar between 140 and 199 indicates impaired glucose tolerance. A blood sugar of 200 at two hours diagnoses diabetes. The other reason for doing the test is to determine if your body has to make an excessive amount of insulin to keep your blood sugar normal. If you have a normal blood sugar but are “insulin resistant”, you have an increased risk of developing diabetes, obesity, and heart disease.

How to Prepare for the Test

- Make sure you are eating a normal diet for 2 days prior to the test.
- You should not be fasting or on only liquids for the two days prior to the GTT.
- You should not be on a diet containing only protein for 2 days prior to the test. To obtain accurate results, you should eat at least 100 grams of carbohydrates each day for 2 days prior to the test.
- On the day of the test, you should only drink water that morning. No calories in liquid or solid form should be consumed prior to the test.

What to Expect During the Test

A blood sample will be taken when you first arrive. Then you will need to drink the sugar drink within 10 minutes of receiving it. Your blood will be drawn at both 1 hour and 2 hours after you receive the drink.

Since some people may have a low blood sugar at the end of the test, you should bring something to eat after the test is over.

Results

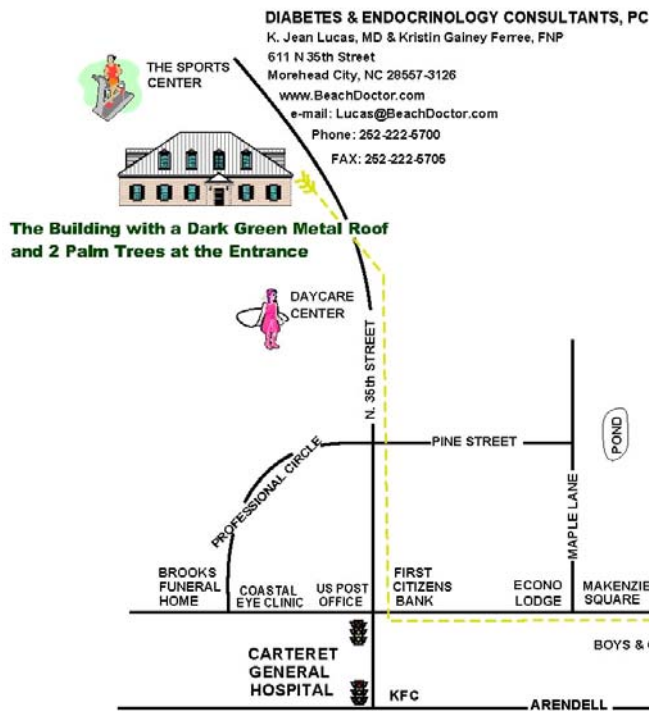
Our office will notify you of the results within one week of the test completion.

Why do I need to have the test done at LabCorp?

We send your blood samples to LabCorp for analysis. If you would prefer us to draw the blood for the GTT in our office, we will charge you a nursing visit plus the cost of the test for the service. If you have the GTT done at LabCorp, you will only be charged for the cost of the test. You will need an appointment to have a GTT whether it is done in our office or at LabCorp.

Map to LabCorp

\\W10060-2\dec forms & documents\Maps\LabCorp Map.DC



LABORATORY CORPORATION OF AMERICA
312 COMMERCE AVE., SUITE C
Phone: 252-726-8301 Fax: 252-726-8267
Hours: Monday - Friday 7:30AM - 4:30PM
CLOSED 12 Noon - 1:00PM

