

Consumer Handout | Canberra Health Services

Oral glucose tolerance test- non-pregnancy

Your doctor has asked you to have a Glucose Tolerance Test (GTT). This test is to find out how well your body uses sugar and carbohydrates. You need to follow the instructions below for a reliable result. If you cannot follow these instructions, your test may be cancelled.

Having a GTT involves drinking a 330ml sugary drink and having 3 blood tests over a 3-hour period. This test is done while you are resting, so you will need to stay in the pathology collection centre for the whole 3 hours.

What do I need to do?

Booking your test:

GTT appointments are available at the Canberra Hospital, and the Belconnen, Tuggeranong, Gungahlin, and Weston Creek pathology collection centres.

A GTT is a long test, you will need to book an appointment either through the MyDHR app or by sending an email to ACTPathology@act.gov.au. Appointments for this test fill up quickly, so please book as soon as you receive a referral from your doctor.

Before the test:

If the instructions are not followed carefully, we will have to rebook your appointment. Please do the following:

- You can eat normally. Make sure you avoid low carbohydrate diet in the 3 days before your test.
- The day before your test, eat your meals including dinner as normal.
- **After midnight, do not eat or drink anything except water. You can take your usual medications.**
- Drink enough water while you are fasting so that you do not become dehydrated.
- Do not drink alcohol, smoke, vape, or wear nicotine patches the day before your test as it will affect your results, and you will have to repeat the test. Please talk to your doctor if you need help with managing this.
- Do as little exercise as possible the day before and the day of the test.
- Make sure you have parked your car in a 3-hour parking area, as you will need to stay in the pathology collection centre for the entire test.

- You must **bring your request form** and your **Medicare card** to the collection centre for your test. If you do not have access to Medicare, please bring your international student or private health insurance card if you have one. If you do not have international insurance or Medicare, the cost of this test is **\$57.70**. You will receive this bill in the mail.

During the test:

- You will need to rest during the test. You can bring something quiet to do, such as a book to read.
- On arrival, we will need to prick your finger to check your glucose levels. If your glucose levels are too high, we will have to stop the test for your safety. If your doctor or midwife decides you need to have another glucose tolerance test, you will have to rebook it at the Canberra Hospital collection centre only.
- If you feel unwell during the test, please let an ACT Pathology staff member know immediately so they can help you.

After the test:

- If you feel unwell when your test finishes, please do not leave the collection centre and let an ACT Pathology staff member know so they can help you.
- When the test is finished, you can return to your normal eating and drinking patterns.

Contact

For further information about Glucose Tolerance Tests, please contact one of the following ACT Pathology collection centres:

Canberra Hospital Building 10 Collection Centre

Open Monday to Friday from 7.30am to 5.30pm and Saturdays from 8.30am to 12:15pm.
Closed on Sunday and public holidays.

Canberra Hospital, Gilmore Cres, Garran (next to Centenary Hospital for Women and Children)

Phone (02) 5124 2816.

Tuggeranong Collection Centre

Open Monday to Friday from 8am to 5pm and Saturday 8:30am to 12pm. Closed on Sunday, long weekends and public holidays.

Tuggeranong Health Centre Level 1, Corner Anketell & Pitman Streets, Tuggeranong

Phone (02) 5124 1352.



Gungahlin Collection Centre

Open Monday to Friday from 7.30am to 4.30pm and Saturdays from 8.30am to 12.30pm.
Closed Sunday, long weekends and public holidays.

Gungahlin Health Centre, Corner Earnest Cavanagh St & Fussell Lane, Gungahlin

Phone (02) 5124 1135.

Belconnen Collection Centre

Open Monday to Friday 8am to 5pm. Closed on weekends and public holidays.

Belconnen Health Centre, Corner Lathlain & Cohen St, Belconnen

Phone (02) 5124 1502.

Weston Creek Collection Centre

Open from Monday to Friday, 8am to 4:15pm. Closed on Sunday, long weekends and public holidays.

Weston Creek Walk-in Centre, 24 Parkinson St, Weston

Phone (02) 5124 4174.



Acknowledgement of Country

Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.



Accessibility: call 02 5124 0000



Interpreter: call 131 450 canberrahealthservices.act.gov.au/accessibility



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