

## **Directions for the Three (3) Hour Glucose Tolerance Test (GTT)**

Please follow your normal diet in the days prior to your three hour glucose tolerance test. Do not eat or drink anything after midnight. You may brush your teeth and have a small sip of water (if needed) two hours prior to your appointment. Upon arrival please notify the receptionist at the front desk that you are having a three hour glucose tolerance test.

Your fasting blood will be drawn first. You will then be given a lemon-lime or an orange flavored carbonated drink. 100 grams of glucose is in the drink. Your blood will be drawn exactly one hour every hour for the next three hours after consumption of the drink. You must not eat or drink anything else during this time. This includes water and gum. You may not leave the office during. We suggest you bring a book to read to pass the time.

Side effects do include but are not limited to: dizziness, nausea and/or vomiting. Please notify the staff if you begin to experience any side effects.