

SEALS Collection Centre Locations:

Prince of Wales Hospital: Cobden Parkes Building, Level 2 East, High Street, Randwick. Ph. 93829060

Prince of Wales Private: Suite 28, Level 7, Barker Street, Randwick. Ph. 96504963

Sydney Hospital: Worrall Building, 8 Macquarie Street, Sydney Ph. 93827362

St George Hospital: Ground Floor, Clinical Services Building, Gray Street, Kogarah. Ph 91133027

Sutherland Hospital: Pathology Building, Corner Kareenna Road and Kingsway, Caringbah. Ph.95407420

Wollongong Hospital: Level 7, Block C, Wollongong Hospital, Crown Street, Wollongong Ph. 42534009

Shellharbour Hospital: Shellharbour Hospital, Madigan Blvd, Shellharbour. Ph. 42952487

Shoalhaven Hospital: Shoalhaven Hospital, Shoalhaven Street, Nowra Ph. 44239235

GLUCOSE TOLERANCE TEST 2 hr METABOLIC GTT PATIENT INFORMATION

Your doctor has requested that you have a Glucose Tolerance Test (GTT).

This test demonstrates the ability of your body to tolerate a measured amount of glucose and helps your doctor determine what, if any, treatment may be needed. You will need to make an appointment for this test and follow the steps outlined below: The duration of the test is for **approximately 2 hours**.

We advise that your children not accompany you, as you are required to sit still for the duration of the test. **If breastfeeding** please express before your appointment, as you will not be able to breastfeed until after your test is finished. You may like to bring somebody with you to mind your new baby. You may like to bring a book to read and your own food to eat following the test.

DIET RESTRICTION

For **three days prior** to the test you will be required to be on a high carbohydrate diet. This means that five times a day (breakfast, morning tea, lunch, afternoon tea and dinner), in addition to the meals that you normally eat, you will also have to eat foods such as rice, pasta, bread, cake, fruit etc. Do not disrupt your own eating styles, but simply add the foods listed to your meals.

From **8.00 pm** the night before your test, you must **fast** - nothing to eat or drink (no chewing gum) until **after** you have completed your test the following morning.

TESTING PROCEDURE

Firstly, a blood sample will be collected from your arm. You will then be given a glucose drink (similar to sweet lemonade). You will then be asked to **rest** (seated not moving around) for 2 hours with nothing to eat or drink until the test is finished. Some patients experience a brief period of nausea, headache and dizziness following the glucose drink. This is a **normal** reaction to the glucose drink and usually passes quickly. If you continue to feel unwell or are concerned please contact the Pathology Outpatients staff.

Further blood samples will be taken at one and/or two hours following the drink. You are then free to leave, to eat and drink as desired.

Please follow the diet as outlined above on the following days:

FROM DAY DATE

TO * DAY DATE

Then **fast** (nothing to eat or drink) from 8.00 pm on this * day until your appointment:

DAY DATE TIME

For information on Collection Centre opening times and other enquiries regarding SEALS please call our Call Centre on 1800 073 257.

THANK YOU FOR USING SEALS