

GLUCOSE TEST

Pt-Gluk-R (0 sample and 2h sample)

Pt-Gluk-R1 (0 sample, 1h and 2h samples)

Diagnosis of diabetes, impaired glucose tolerance (IGT) and impaired fasting glucose (IFG).

Preparing for the examination

On the day before sampling, eat and drink normally, consume sufficient carbohydrates, avoid alcohol and exercise.

Start fasting on the evening of the day before sampling, 10–12 hours before the start of the examination.

- During the fast, you may drink water but no other liquids (e.g. coffee, tea, soft drinks, alcoholic beverages).
- Do not eat anything during the fast, including pastilles, sweets or chewing gum. Smoking is also forbidden.
- During the fast and before the glucose test, you can take any necessary medications with water.

Glucose test

The glucose test will take a minimum of two (2) hours. Before the start of the test, sit down for at least 15 minutes in order to equalise your blood circulation. Eating or smoking is not allowed during the test, but you may drink a little bit of water.

- The glucose test is started by taking a vascular blood sample (sample 0), after which the patient is given a sugar solution for drinking.
- After ingesting the solution, wait in the laboratory waiting area and avoid physical exertion. You can go to the toilet if you need to. If you feel unwell while you wait, contact the laboratory staff immediately.
- The next vascular blood sample is taken, depending on the examination request, exactly 1 (one) and / or 2 (two) hours after drinking the sugar solution. This is the end of the examination.