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We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
MES, The York Hospital,
Wigginton Road, York, YO31 8HE,
telephone 01904 721062 or email
MESpatientenquiries@york.nhs.uk.

Providing care together in York,
Scarborough, Bridlington, Malton,
Selby and Easingwold communities



York Teaching Hospital
NHS Foundation Trust

Please telephone or email if you require this information in a different language or format

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Jeżeli niniejsze informacje potrzebne są w innym języku lub formie, należy zadzwonić lub wysłać wiadomość e-mail

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email: access@york.nhs.uk



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Glucose Tolerance Test

Information for patients,
relatives, and carers

For more information contact:

Medical Elective Services (MES)

The York Hospital
Wigginton Road, York, YO31 8HE

Telephone: 01904 721062

MESpatientenquiries@york.nhs.uk

Caring with pride

Information about your Glucose Tolerance Test

With any medical test it is important that other factors do not interfere with your test results. Please read the following information carefully.

You should have nothing to eat or drink from midnight prior to attending the Medical Elective Services (MES). However you may have one glass of water on rising, please take your usual medications with this.

Once you have been admitted onto MES, a blood sample will be taken for a baseline blood sugar level. You will then be given a drink of glucose liquid, which you will be asked to drink within ten minutes.

A further blood sample will be taken two hours later. The test is then complete and you will be offered something to eat and drink.

Your doctor will tell you the results of the test at a later date.

Teaching, training & research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk. An answer phone is available out of hours.