

# **Glucose Tolerance Test**

Information for patients, relatives and carers

① For more information, please contact: Medical Elective Services (MES)  
The York Hospital, Wigginton Road, York, YO31 8HE,  
telephone 01904 721062 or email [MESpatientenquiries@york.nhs.uk](mailto:MESpatientenquiries@york.nhs.uk)

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## **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.

## **Tell us what you think of this leaflet**

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](mailto:MESpatientenquiries@york.nhs.uk).

## **Teaching, training and 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](mailto:pals@york.nhs.uk). An answer phone is available out of hours.

## **Leaflets in alternative languages or formats**

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電或發電

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

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

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