

GTT Appointment

Patient Information

Appointment Date & Time:



Appointment Location:

This is a fasting test. You need to fast for 8-12 hours before the test. We recommend eating a meal/snack before beginning your fast.

From approximately 10:00pm the night before the test:

- Fast: No eating, smoking or chewing gum
- No drinking anything except water

On the day of your test:

- Continue fasting
- Attend an Austin Pathology Collection centre.
- The test will take approximately 2 hours to complete. It is advised that you remain at the collection centre for the duration of the test.

During the test:

- You will have a blood test on arrival
- You will then have 5 minutes to drink a glucose drink.
- 1 hour after **starting** the glucose drink, you will have a 2nd blood test.
- 1 hour after the 2nd blood test, you will have a 3rd and final blood test.

Feel free to ask our staff any questions you may have prior to or during your test

www.austinpathology.org.au | 03 9496 5472



For Collection Centre Locations
please visit our website:

www.austinpathology.org.au/collection-centres