
Oral glucose tolerance test

To you who is going to do an oral glucose tolerance test

Preparation:

You are to fast from 22:00 the night before the test. Only water is allowed to be consumed. If you have any medication? Bring them with you and take them after the blood sampling.

The Test includes 2 blood samplings

1. First blood test (start of the test).
2. After the first blood test you are to drink a “thick” sugary solution (roughly 2.5dl). During the test you are to be as inactive as possible. You can sit in the waiting room during the test. Bring a book or something to spend the time. Remember not to eat anything during the test!
3. After 2 hours a second blood sample is taken. And after that the test is done.