

with any medical test it is important that other factors do not interfere with your test result. Please read and follow these instructions carefully.

The test measures how well your body uses glucose.

For this test to be accurate you should eat a normal diet for one week prior to the test.

During the test you will be required to drink a glucose (sugar) solution at an IMVS Collection Centre and several blood samples will be collected for testing. Collection Centre locations are listed on the back of your IMVS Request Form.

### ***About your test***

You will need to fast from the night before because the test is conducted first thing in the morning. The test takes about 2 to 2 ½ hours; you may wish to bring something to read as you will be required to remain at the Collection Centre for the duration of the test.

1. Contact your nearest IMVS Collection Centre to make an appointment at least one day before the test.
2. You must fast for 10 hours before the test.

If your appointment is for 8.00am this means *nothing to eat or drink* from 10.00pm the night before.

3. Smoking can influence your blood sugar level . *do not smoke*.
4. On the morning of the test you may have several glasses of water.
5. During the test you may drink water only.

***Stressful activities can alter your blood sugar level so you must rest throughout the test period.***

### ***Your results***

Please make an appointment to discuss your results with your doctor.