

**PREPARING FOR THE GLUCOSE TEST**  
**Pt-Gluk-R1****Purpose of the test**

Diagnostics of diabetes mellitus as well as impaired glucose tolerance (IGT) and impaired fasting glucose (IFG).

**Preparing for the test**

You can eat and drink normally on the day before the test. Consume a sufficient amount of carbohydrates and avoid consuming alcohol and engaging in strenuous exercise.

Fasting, in other words, withdrawing food and drink, starts on the evening of the day preceding the test, 10–12 hours before the test begins. On the morning of the test day, you may drink a glass of water, if needed, but otherwise you should not eat, drink or smoke.

Sit down for 15 minutes before the test to allow your circulation to stabilize.

**Carrying out the glucose test**

The glucose test takes a minimum of two (2) hours.

First, a blood sample is taken in a laboratory. After that, you will be given a sugar solution to drink. The second blood sample is taken 2 hours after drinking the sugar solution.

During the test, you may drink moderate volumes of water but not eat, smoke or exit the waiting area near the laboratory.