

GLUCOSE TOLERANCE TEST

You can reserve a time for a glucose test online at www.huslab.fi or by phone on HUSLAB's appointment number 09 471 86800 between 7.30 am and 3.30 pm on Mondays to Fridays.

The glucose test evaluates the glucose metabolism. The test will take at least 2 hours. The test may last for 2–5 hours if you have been asked to undergo the rarer, longer glucose test.

Before the test

It is essential for the success of the test that you eat and drink as usual on the day before the test and have enough carbohydrates until the time when you begin FASTING. Fasting must begin 10–14 hours before the glucose tolerance test, and it should be continued until the end of the test. You may not intake any nourishment during fasting. You can drink water, but soft drinks, sweets, mints, chewing gum, coffee, tea and alcoholic beverages are not permitted. Before the test, you may take any regular morning medication. Smoking is not permitted.

Blood samples and performing the glucose tolerance test

At the laboratory, a blood sample is taken after which you will be given a glucose solution to drink. Several blood samples will be taken in the course of the test. During the test, you can't eat anything, but you are allowed to drink some water. You must stay in the laboratory waiting room during the test.

Please take some food with you to eat after the test.

If you have any questions, please call the HUSLAB service number: tel. +358 (0)9 471 86800 Mon–Fri 7:30–15:30 (laboratory test results will not be given by phone).