

GLUCOSE TOLERANCE TEST

For a glucose tolerance test, you will need to book an appointment either using online appointment booking at www.huslab.fi or by contacting the booking and advisory helpline at 09 4718 6800 from Monday to Friday between 7:30 a.m. and 3:30 p.m.

A glucose tolerance test is used to test your glucose metabolism. The test will take at least 2 hours. The examination may last for 2–5 hours if you have been asked to undergo the rarer, longer glucose test.

Before the examination

For the test to provide reliable results, it is important that you eat and drink as normal the day before the test and consume a sufficient amount of carbohydrates until you start your fasting. Start fasting, i.e., stop eating, 10 to 14 hours before the glucose tolerance test and continue to fast until the end of the test. You should be completely without food for the duration of the fasting period. You can drink water during the time you need to fast. Consuming soft drinks, candy, lozenges, chewing gum, coffee, tea and any alcoholic beverages is prohibited.

In the morning before the test, you can take your necessary medication. Smoking and other nicotine products are prohibited.

How the glucose tolerance test is performed

At the laboratory, a blood sample will be taken first, and you will then be given a sugar solution to drink. During the test, several blood samples will be taken from you. You may drink water during the test, but you cannot eat anything. Nursing mothers should avoid breastfeeding during the test. During the test, you will not be able to leave the laboratory's waiting room.

Take along a snack to eat after the test is over.

If you have any questions, please call our booking and advisory helpline at 09 4718 6800 from Monday to Friday between 7:30 a.m. and 3:30 p.m. (please note that laboratory test results cannot be given over the phone).