Albany Medical Center
Glucose Tolerance Test – Patient Instructions

Your physician has ordered a _____ hour glucose tolerance test. For the most accurate test result, it is important that you follow these instructions carefully:
1. Do not eat or drink during the test.
2. You may have sips of water.
3. Stay at rest during the test.
4. Do not smoke during the test.
5. Let the healthcare provider know if you experience any of the following:
   • Nausea
   • Vomiting
   • Fainting
   • Sweating
   • Diarrhea
6. Please return five (5) minutes prior to the times listed below to have your blood collected:
   __________  __________  __________  __________  __________