

## Patient Instructions for Oral Glucose Tolerance Test

Call any lab close to your house that accepts your insurance. Make an appointment for a "3 Hour Oral Glucose Tolerance Test." Schedule the appointment for early in the morning because you will need to fast.

Do not eat or drink anything after midnight on the night before your test. When you get up in the morning, you may take your medication, but take it only with plain water. Do not drink coffee or eat anything for breakfast.

Bring a book or something to do with you to the lab because you will be there for 3 hours.