

Patient information

Glucose / venous lactose tolerance test

Dear patient,

If you are having a glucose / lactose tolerance test in our laboratory, please bear the following in mind:

- To avoid waiting time, we recommend that you telephone to arrange an appointment (at the surgery of your choice; addresses can be obtained from the reception desk of any surgery).
- If you have difficulties understanding German, please bring someone with you to interpret.
- Please do not eat or drink before the tolerance test. If a urine sample has also been requested, please hand in your sample before the medical examination.
- Please inform us before the examination if you are diabetic and take medication for this.
- The glucose / lactose tolerance test takes 2 hours.
- **During the two-hour examination period, you must not leave the laboratory unless you have signed a disclaimer.** If you leave the laboratory without letting us know, the test will have to be terminated.
- During the examination, you must not eat or drink anything, apart from small sips of water (approx. 250 ml). You must not breastfeed either.
- We can only test children with a minimum body weight of 45 kg.
- Process of the tolerance test:
 - Before the glucose / lactose tolerance test, a finger prick test will be carried out – this reading is crucial to determine whether a tolerance test can be carried out.
 - The first venous blood sample is then taken.
 - You must then drink a sugar solution within 5 minutes.
 - Pregnant women: venous measurement after 60 and 120 minutes.
 - Non-pregnant people: venous measurement after 120 minutes.
 - Lactose tolerance test: venous measurement after 30, 60, 90 and 120 min.
- Note: Please inform us immediately in case of nausea and vomiting during the test period.

