

PATIENT INFORMATION LEAFLET

GLUCOSE / VENOUS LACTOSE TOLERANCE TEST

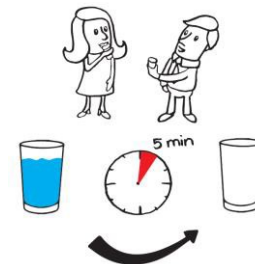
Dear patient,

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

- These investigations are carried out only following the prior arrangement of an appointment. Appointments can be booked online on our website at www.labors.at via the menu option "Book appointment" or by telephone by calling 01/260 53-203.
- If you have difficulties understanding German, please bring someone with you to interpret.
- The test can only be carried out on persons with a minimum body weight of 45 kg.
- Please do not eat or drink before the tolerance test. However, you may drink water and tea without sugar.
- If a urine sample has also been requested, please hand in your sample before the medical examination.
- The tests must not be carried out if you have diabetes, are taking blood sugar-lowering medication or receiving insulin treatment, or have had a gastric bypass or gastric resection surgery. In such cases, the following investigations will be carried out instead of the glucose tolerance test: fasting blood glucose and glycosylated haemoglobin levels (HbA1c).
- 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 (max. 250 ml).

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.