



Instructions to Patients:

Your appointment is for am on at our
..... Collection Centre

Start your diet on Day Date

Pre Test Preparation:

1. For the three (3) days before your test, you must make sure you eat "high carbohydrate" meals. We suggest you eat the type of foods you normally eat, but make sure that throughout the day you **include** in your diet **all** of the following foods:
 - 1 serving of breakfast cereal, porridge or spaghetti
 - AND 3 slices of bread or toast (or 1½ bread rolls)
 - AND 3 servings of vegetables
 - AND 3 pieces of fruit
 - AND 1 medium potato or 1 serving of rice.

Children who are too small to be able to eat all of the above foods should eat whatever they can comfortably manage.

Important Note:

While on the 3 day high carbohydrate preparation, if you should become very unwell, or notice that you are losing weight, feeling drowsy, very thirsty and are passing large amounts of urine, please contact your referring doctor immediately.

2. Do NOT have anything to eat or drink (except tap water) for 12 hours before the time the test is due to begin.
3. NO SMOKING on the day of the test and until the test is completed.

During the Test:

On arrival at our collection centre, a blood sample will be taken from you by one of our trained collecting staff. You will then be asked to drink a sweet glucose soft drink and blood will be collected one and two hours later. May we suggest you bring a book to read to help pass the time. Following completion of the test our staff will arrange for a cup of tea or coffee for you before you leave our collection centre.

Please telephone us on 9005 7000 if you are uncertain about any of these instructions