

Glucose Load/Challenge Test (GLT or GCT)

Patient Instructions

The best time for this test is at 24 – 28 weeks gestation, but 27 – 28 weeks is preferred. (May be done earlier at doctor's request).

Please make a booking for the test at the Mater Pathology collection centre most convenient for you.

This test is a random test. That means it doesn't matter if you have eaten or not prior to the test. You will be required to stay at the collection centre for the duration of the test, which will be a little over one hour.

What to expect:

- Once in the collection centre, you will be given 75g of glucose to drink within 5 minutes.
- You must not eat, drink, or smoke for the duration of the test.
- When the glucose drink is finished, a timer is set for 1 hour.
- At the end of that hour a blood test is taken to measure the glucose level.
- If you vomit during the test, it must be repeated on another day.

If you have any questions or problems feel free to ask one of the collection staff or your own doctor.

For further information, please telephone Mater Pathology on 07 3163 8500 or your local centre during business hours.

Your local collection centre is: _____

Telephone number: _____