



## Glucose Intolerance Test

Question	Answer
Why have I been asked to come for a Glucose Tolerance Test?	<ul style="list-style-type: none"> <li>• So that the doctor can tell whether or not you have diabetes.</li> </ul>
How do I prepare?	<ul style="list-style-type: none"> <li>• Please arrive promptly and do not have anything to eat the night before.</li> <li>• Only drink water from 10:00 p.m. the night before.</li> </ul>
What does the test involve?	<ul style="list-style-type: none"> <li>• You will have a blood sample taken when you arrive and will then be given a glucose (sugar) drink.</li> <li>• You will need to sit in the waiting room for exactly 2 hours.</li> <li>• You cannot be active or leave the waiting room during this time because this will affect the result!</li> <li>• A second blood sample will then be taken, after which you will be free to leave (hopefully to get some breakfast!)</li> </ul>
Do I need to bring anything with me?	<ul style="list-style-type: none"> <li>• Only if you want to bring some reading material or tablet device.</li> <li>• We have a wide selection of reading material but, sadly, no wifi!</li> <li>• There is very good 3 and 4G signal available</li> </ul>
When do I get the results?	<ul style="list-style-type: none"> <li>• This should take about a week.</li> <li>• You will be informed whether this is normal, diabetes, or impaired glucose tolerance (in-between – often goes on to develop into diabetes).</li> </ul>
What happens then?	<ul style="list-style-type: none"> <li>• If you are diagnosed as a diabetic you will be invited back for an opportunity to discuss what this means. We'll give you as much information and education as you need.</li> <li>• If you are diagnosed with impaired glucose tolerance we will monitor you with a blood test once a year.</li> </ul>
What are impaired Glucose Tolerance and Impaired Fasting Glycaemia?	<ul style="list-style-type: none"> <li>• These are conditions, sometimes also called 'Pre-diabetes' in which the body is unable to process glucose (sugar) normally; and can only be diagnosed after a Glucose Tolerance Test.</li> <li>• People with impaired Glucose Intolerance (IGT), and Impaired Fasting Glycaemia (IFG) have a higher than average chance of going on to develop diabetes.</li> <li>• In addition, IGT is associated with a higher risk of heart attacks and strokes.</li> </ul>
What to do if you have Impaired Glucose Tolerance or Impaired Fasting Glycaemia	<ul style="list-style-type: none"> <li>• If you have IGT or IFG you will be advised to: follow a healthy diet, keep your weight under control, and take regular exercise.</li> <li>• If you are a smoker we're going to strongly advise you to stop smoking!</li> <li>• Ideally you should also have a blood test every year in order to measure your</li> </ul>

Question	Answer
	<p>fasting blood glucose (sugar). This is to make sure that you have not developed diabetes.</p> <ul style="list-style-type: none"> <li>• Ask your doctor or Practice Nurse to arrange for you to have this done.</li> <li>• Your food choice is the most important part of your treatment; and if you are overweight. Losing weight will help!</li> <li>• You should aim to lose weight slowly rather than drastic dieting – even if you don't manage to get to your ideal weight, losing a small amount and keeping it off will help you.</li> <li>• Try being a bit more active because this not only helps with weight control, but also reduces the risk of heart disease, high blood pressure, and strokes!</li> <li>• Take the time to do some of the activities that you enjoy; such as gardening, walking, dancing, bowling – even house work is good!</li> </ul>
Eat regularly	<ul style="list-style-type: none"> <li>• Have three main meals a day i.e. breakfast, lunch, and evening meal!</li> </ul>
Fill up on fibre-rich and starch (carbohydrate) foods	<ul style="list-style-type: none"> <li>• Eat regular meals based upon foods such as: pasta, chappatis, potatoes, rice and cereals. This will help control your blood glucose levels.</li> <li>• Choose high fibre varieties of foods like wholemeal bread and whole-wheat cereals. Make these foods the main part of every meal.</li> <li>• Add lentils, beans, split peas, or broth mix to homemade soups or stews.</li> </ul>
Eat less sugar	<ul style="list-style-type: none"> <li>• Sugar and foods containing a lot of sugar can cause the blood glucose to rise quickly.</li> <li>• It is best to choose low sugar or sugar-free foods instead.</li> </ul>

Foods high in sugar	Foods low in sugar / sugar-free
Sugar, Glucose, Syrup, Dextrose, Icing Sugar	Artificial sweeteners e.g. Canderol, Sweetex, Hermesetas
Sweet squash and fizzy drinks e.g. Ribena, Lucozade, Drinking Chocolate, Liqueurs, and sweet sherry	Diet: Low Calorie sugar-free squash and fizzy drinks e.g. Robinson Special R, Diet Coke, Pepsi Max, Tea, Coffee, Cocoa, or Low-Calorie chocolate drinks
All sweets e.g. chocolate, toffee, fudge, tablet mints, chocolate covered and cream-filled biscuits, and Marzipan	Fruit, plain biscuits or scones, and sugar free chewing gum.
Sugar-coated or honey-coated breakfast cereal e.g. Frosties or Sugar Puffs	Porridge, Weetabix, Bran Flakes, All-Bran, Shredded Wheat, Sugar Free Muesli, Cornflakes, and Rice Crispies
Sweet Puddings e.g. crumble tarts, tinned fruit in syrup	Fresh or dried fruit, tinned fruit in natural juice, Diet Yoghurt, and sugar free jelly
Marmalade, Jam, Honey, or Syrup	Reduced sugar marmalade or Jam

## Eat plenty of fruit and vegetables

All fruit is good; including bananas and small quantities of grapes or dried fruit.

- Eat fruit for a snack instead of biscuits.
- Aim to eat 2 – 3 servings of fruit per day.
- Buy fresh fruit or tinned in natural juice.
- Try to eat two or three servings of vegetables and/or salad every day.

- Use fresh fish, frozen, or tinned vegetables. Baked beans and peas are also useful vegetables.

### Limit fried and fatty foods

- Eat less butter, margarine, oil, lard, dripping, cheese, and fatty foods.
- If you must use oil in cooking, measure it out carefully and choose Unsaturated Oil such as olive oil, sunflower oil, corn oil, or rape seed oil.
- Choose low-fat dairy products e.g. skimmed or semi-skimmed milk, low fat spreads or cheeses instead of full-fat versions.
- Remember that low-fat products still contain a lot of fat, so don't be tempted to use twice as much! Some low-fat products may have a higher sugar content.
- Grill, poach, boil, microwave, or oven-bake food instead of frying.
- Cut fat off meat, take skin off chicken, and have smaller portions of meat, fish, eggs, and cheese.
- Watch out for hidden fat – eat fewer pies, sausage rolls, cakes, crisps, and biscuits.

### Limit Salt

Reducing the amount of salt eaten can help reduce blood pressure.

- Use as little salt as possible in cooking. Try not to add more salt to your meat at the table. Taste your food first!
- Try cutting down on salt gradually to help you adjust to the change in taste. Adding herbs and spices can help!
- Cut down on processed foods such as tinned/packet foods, salty meats, crisps, and salted nuts.

### Alcohol

Drink alcohol in moderation only – that's 2 units of alcohol a day for a woman and 3 units a day for a man!