

REMINDER: PREPARING FOR YOUR ORAL GLUCOSE TOLERANCE TEST (OGTT)

- Nothing to eat or drink for a minimum of 8 hours but not longer than 10 hours. Continue drinking water though – this is important.
- Have a protein snack just prior to fasting eg. 9 hours prior to your appointment have some nuts and a boiled egg. **No sugar or carbs!!!**
- Don't clean your teeth with toothpaste before your appointment as many of them contain sugar
- Keep your activity levels to a minimum the morning of the appointment to avoid your body releasing its own sugar stores.
- Bring a water bottle and keep drinking for hydration, good veins and hunger.