

4 hour Glucose Tolerance Test (**Glucose** taken at fasting, ½ hr, 1 hr, 2 hr, 3 hr, and 4 hours). **Cortisol** levels taken at fasting, 3 hours and 4 hours into the Glucose Tolerance Test. The 3rd and 4th hours of the 4 hour GTT are often helpful in determining the likelihood of reactive hypoglycemia and possible adrenal fatigue. **Insulin** at fasting, 1 hour & 2 hours into the GTT. Checking insulin blood levels is especially beneficial if there are risk factors or suspicion of pre-diabetes or diabetes. **Hemoglobin A1c** is also usually tested at this time unless already done.

No food or drink other than water after 8pm the night before the lab draw. Also no exercise after 8pm the night before and especially the morning of the test as this may significantly alter the lab findings. There is no water restriction in the evening. An hour before arriving at lab we encourage you to drink a cup of water. Have the first (fasting) blood draw close to 8:00AM. The 75 gram Glucola (carbonated glucose drink) provided by the lab should be consumed right after the first draw followed by the next blood draw 1 hour later, etc... Avoid any physical activity like walking around as it may change the blood tests results.

Show up at the lab by 8:00AM and let the receptionist know it is a 4-hour test. You must have the first blood draw before 8:15AM or you may be turned away if lab closes for lunch at 12 noon. **Take some fruit and crackers or a small lunch** to eat right after the test is completed. Do not drive off without first eating. **Keep a journal** of how you feel during and after the test. Make notes at least every 30 minutes and also if symptoms change. Note the time of these changes. Make a note of how you feel that afternoon and next day.

Because laboratory testing of blood sugars every hour may still miss the highest or lowest blood sugar episodes, patients may also test their own sugars throughout the morning. Typically this can be done every 30 minutes. If a tendency to low blood sugars or adrenal fatigue is suspected, it may be beneficial to test blood sugars every 15 minutes and keep a record of readings and symptoms during the test. Self-testing blood sugar monitors and kits can be purchased without a prescription at any pharmacy. When self-testing, use the sides of your finger-tips not the tips themselves. The tips are much more sensitive due to the many nerve endings.