GLUCOSE TEST

You must book an appointment for the glucose test. You can book the appointment free of charge online at www.fimlab.fi > Book an appointment. You can also call Fimlab's appointment booking service at 010 808 515, on weekdays from 7 a.m. to 4 p.m.

The glucose test is used to determine whether you have diabetes. In the test, the body's ability to balance the blood sugar level when sugar is consumed is examined.

Eating influences the test result

You must fast for 10-14 hours before the test. Drinking water is allowed. You can drink up to one glass of water on the morning of the test and during the test. The fast ends when the test is finished.

Alcohol influences the test result

It is recommended to avoid alcohol for 24 hours before the test. Alcohol lowers blood sugar and interferes with the test result.

Stress influences the test result

Avoid physical exertion that causes sweating for 24 hours before the test.

Contraindications

The glucose test is contraindicated after a bariatric surgery (gastric bypass or sleeve gastrectomy)

Blood samples

A blood sample is taken at the start of the test. Next, you are given sugar liquid to drink. Another blood sample is taken at the intervals specified below depending on the type and duration of the glucose test. You must stay at the sample collection facility during the entire testing process.

Blood samples are taken at the following intervals

Pt-Gluk-R1: 0 and 2 hours

Pt-Gluk-R2 and Pt-Gluk-R6: 0, 1 and 2 hours

Pt-GlukIns: 0, 1 and 2 hours (glocose and insulin samples)

Further information

For more information, please contact the customer service of Fimlab, tel. 010 808 515 on weekdays from 7 a.m. to 4 p.m.