

Patient Instructions for Glucose Tolerance Collection

Your healthcare provider has asked you to have a glucose tolerance test. This information sheet tells you what the test is and how you need to prepare for it.

What is a Glucose Tolerance Test?

Some people's bodies are unable to process glucose (sugar) properly. This can be obvious from a simple blood test but sometimes requires a more complicated test involving drinking glucose and seeing how quickly it disappears from the blood.

What do I do to prepare for the test?

- For 3 days before the test you should eat normally. If your doctor or dietician has prescribed a special diet you should discuss this with them.
- Take only your usual amount of exercise before the test.
- You should in a fasting state beginning after midnight.
 - No caloric intake [beverage or food] for 8 hours before the lab test.
 - No intake of artificial sweeteners for 8 hours before the lab test.

Fasting means you should **NOT**:

- eat any food,
- drink any beverages except plain water
- chew gum
- exercise strenuously during the fasting period
- smoke



You **should** drink a glass or two of water during your fast since it's harder to draw the blood if you are dehydrated.

You should **not** stop your normal medications unless told to do so by your doctor.

Tolerance Tests FAQs:

What is the length (time) of test?

The tolerance test requires samples to be collected at the time of arrival (prior to drinking glucose solution) and hours 1, 2 and 3 post-glucose consumption.

What are my requirements during the test?

The laboratory asks that you remain near the Outpatient Laboratory during the duration of the test. This is to be able to alert staff if you feel ill during the test which may require consulting your provider. You may drink water and use the restroom during the test but must refrain from eating, chewing gum, smoking, and candy during the test.

Test Details:

To ensure that your test is done as scheduled, the times of your next blood draws are written below. Please be in the Laboratory Waiting area 10 minutes prior to these times if you have left the area. Please alert the Laboratory if any collection time has passed, to ensure you are drawn as scheduled.

	Collect Time	Done
Fasting/Glucose Solution _____		<input type="checkbox"/>
1 Hour _____		<input type="checkbox"/>
2 Hour _____		<input type="checkbox"/>
3 Hour _____		<input type="checkbox"/>



Pathology Laboratory - Downtown
1212 Pleasant St Lower Level 9
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Saturday 8:00a - Noon

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Monday - Friday 7:00a – 5:00p

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