

 Eastern Health Laboratory Medicine	Section: Management System\Eastern Health\Client Services\Collection Manual\	
	Title: Glucose Tolerance Testing Instructions	Number: 11119
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Glucose Tolerance Testing

Preparing for Your blood test

You are required to fast for 8 hours before your blood test

EXCEPTION-If you are having a one-hour pre-natal glucose test, fasting is **NOT** required.

- You should arrive at the blood collection lab during the morning.
- This is a timed test and you will have to return to the lab after you have been given a glucose drink.

Drinking the Glucose Drink

- When you get to the blood collection lab you will be given a glucose drink.
- You must stay in the lab and drink all of the glucose drink that you are given within 10 minutes.
- Tell the lab staff when you have finished the drink.
- The lab staff will tell you what time to return for your blood test.
- If you cannot drink all of the drink or if you feel ill at anytime during the testing, tell the lab staff. The test may be stopped and you will have to return at another time.

Returning For the blood test

- You must return to the lab at least 15 minutes before the time that your blood test is due.
 - When you return to the lab tell the receptionist that you have returned for your timed blood test.
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