

 Eastern Health Laboratory Medicine	Section: Management System\Eastern Health\Client Services\Collection Manual	
	Title: Testing Blood Glucose 2 Hours after a Meal	Number: 11121
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Testing Blood for Glucose 2 Hours after a Meal

Preparation:

- You must fast for 8 hours for this test.
- You will have a fasting blood sample drawn.
- You will be instructed to eat a meal and return 2 hours later for another blood sample.
- Follow the instructions below for the meal and the 2 hour blood sample.

Eating your meal:

- Prepare a good, balanced meal
- Start timing the 2 hour period when you **start to eat** the first mouthful of your meal. For example, if you start eating your meal at 10 a.m., your blood sample will be collected at 12 noon.
- Take no longer than 20 minutes to eat your meal.
- After your meal, do not eat, chew (including gum or candy) or drink anything else (except small amounts of water) **until after** your blood sample has been collected.

Blood Collection:

- A blood sample is collected 2 hours after you **start to eat**.

Collection of blood sample:

- Go to the blood collection area at least 15 minutes before the time your blood sample is to be collected.
- Go directly to the desk and tell the receptionist that you have returned for your timed blood collection. If you are not called at 2 hours after you ate, check again at the desk