



Glucose Tolerance Tests – Patient Instructions during the Test

Your physician has ordered a glucose tolerance test for you. This test is used to diagnose diabetes. When you arrive at the Patient Service Center, your phlebotomist will guide you through the process. You will be asked to drink as quickly as possible a sugary beverage, commonly referred to as glucola. Blood will be drawn several times during the testing process:

- o Before you drink the beverage.
o One to six additional blood draws occurring at defined intervals depending on the tolerance test requested by your physician.

For the most accurate test results, please review the information provided below. If you have any questions or concerns pertaining to the purpose or preparation of this test, please speak with your physician.

Frequently Asked Questions (FAQs)

- 1. My physician says I need to fast for eight hours. What does that mean?
2. Can I have black coffee or tea?
3. How long will the test take and how many specimens are drawn?
4. What happens if my fasting glucose result is greater than or equal to 126 mg/dL?
5. Can I leave the waiting area during the testing period?
6. What happens if my blood is not drawn during the appropriate time window?
7. May I smoke during the testing period?
8. Why can't I breastfeed or pump during the testing period?
9. What should I do if I get sick or vomit during the test?

Your blood is scheduled to be drawn at the following times:

Today's Date: \_\_\_\_\_ Fasting Specimen (or Start Time): \_\_\_\_\_
Timed Specimen #1: \_\_\_\_\_ Timed Specimen #3: \_\_\_\_\_ Timed Specimen #5: \_\_\_\_\_
Timed Specimen #2: \_\_\_\_\_ Timed Specimen #4: \_\_\_\_\_ Timed Specimen #6: \_\_\_\_\_

A phlebotomist will call you back to the lab for these blood draws. If you have not been called within 5 minutes of your draw time, please notify lab personnel immediately. Thank you.