

Laboratory Patient Safety Tips

Glucose Tolerance Test (3 Hour or Gestational)

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 observed from a simple blood test but sometimes a more complicated test is required. The Glucose Tolerance Test involves drinking glucose and seeing how quickly it disappears from the blood.

What should I do to prepare for the test?

- For 3 days before the test eat normally. If your doctor or dietitian has prescribed a special diet you should discuss this with them.
- Only engage in your usual amount of exercise before the test.
- You should be in a fasting state beginning after midnight.

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.



Glucose Tolerance Test FAQs:

What is the length (time) of test?

The tolerance test requires blood to be collected at the time of arrival (prior to drinking glucose solution) and hours 1, 2 and 3 after you drink the glucose solution. Gestational Tolerance is drawn only at hour 1.

What are my requirements during the test?

The laboratory asks that you remain near the Outpatient Laboratory during the duration of the test. You need to be able to alert staff if you feel ill during the test, and your provider may need to be called. You may drink water and use the restroom during the test but must refrain from chewing gum, smoking, and eating, including candy or mints. Please inform the laboratory staff if you become ill or experience vomiting at any time during testing.

Test Details:

To ensure that your test is done as scheduled, if you leave the area, please be in the Outpatient Laboratory waiting area 10 minutes prior to your next scheduled sample collection. If any collection time has passed, please alert the Laboratory staff as soon as possible.

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

Your Safety and Service Experience Are Important To Us!

If you have any questions or concerns on your laboratory service, please let your physician or phlebotomist know.

Thank you for choosing TPMG