

## Glucose Tolerance Patient Instructions

**If you are allergic to corn or dye, please notify the laboratory staff prior to starting the test.**

- You should have nothing to eat or drink, except small amounts of water, for 10 – 12 hours prior to the beginning of this test.
- You will have a fasting blood specimen collected. Testing will be performed on the fasting specimen.
- After the fasting glucose results are interpreted, you will be given a flavored glucose (sugar) solution. Drink all of the solution. Lab staff will document the time you finished drinking the solution.
- A sample of your blood will be collected at specific intervals for the next couple of hours. Lab staff will notify you of the specific collection times and how long the test will take.
- Avoid smoking, eating, drinking and exercise during the test procedure. You may drink water during the test procedure.
- You will be required to stay in the waiting area during the test procedure. After the test is completed, you will be informed of when you are free to leave.