

# Glucose tolerance test

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Your physician has requested a glucose tolerance test. Depending on your physician's order, you may need to remain in the laboratory for approximately four hours.

## BEFORE YOU BEGIN

Before the test, please do not eat or drink anything (including water) for 12 hours and no more than 14 hours. For three days prior to the test, please eat a normal diet, which includes adequate carbohydrates.

Glucose testing is performed at all MercyOne Des Moines Laboratory Patient Service Center locations.

Please follow your physician's instructions or call 515-247-4439 for a convenient location near you.

Please bring your physician's orders or the MercyOne Des Moines Laboratory Test Request with you to the draw station site. You may also want to bring a book, magazine or other quiet activity to make your time go a little faster.

## PLEASE INFORM THE LABORATORY STAFF IF:

- You have not been fasting for at least 12 hours or more than 14 hours;
- You have a latex allergy; or
- You feel sick, faint, light-headed or dizzy at any time during the test.

## WHAT TO EXPECT DURING THE TEST

- A phlebotomist will draw a blood sample for a fasting glucose test, then you will be given a glucose beverage to drink.
- Your blood will be drawn at hourly intervals after finishing the drink. You will be given the specific times when your blood will be drawn by the phlebotomist.
- We ask that you remain in the Patient Service Center waiting area for the entire testing time in the rare case that you become sick or dizzy.
- You may have sips of water beginning 30 minutes after drinking the glucose beverage.

Laboratory staff will be happy to answer any questions you have regarding the procedure. The results of your test will be sent directly to your physician in one to two business days. If you have questions concerning your results, please contact your physician.



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