

Blood Glucose and Lipid Tests - Patient Instructions

This document is applicable to at site(s):

All Sites

Collection Notes

Your Patient Care Centre / Laboratory may require you to book an appointment. Phone DLDx Customer Care at 780-702-4486 or AHS Client Response at 780-407-7484 for testing locations and appointment information.

To ensure accuracy of test results, follow the instructions carefully.

Test Requested	Instructions
Fasting Glucose	<ul style="list-style-type: none"> DO NOT eat, chew or drink anything except small amounts of water for a minimum of 8 hours before your blood is collected. This includes barium. Prescription medication and smoking is permitted.
Gestational Diabetes Screen	<p>It is preferred that you have your blood collected 2-3 hours after you have eaten a meal. This test requires you to stay in the lab for the duration of testing, which is approximately 1 to 1.5 hours.</p> <ul style="list-style-type: none"> The best time for this test is before lunch or mid to late afternoon.
Glucose Tolerance	<p>This test requires you to stay in the lab for 2-3 hours. During this time you will be given a special drink and your blood will be collected at different times.</p> <ul style="list-style-type: none"> DO NOT eat, chew or drink anything except small amounts of water for a minimum of 8 hours before your test.
Fasting: Cholesterol Triglycerides HDL LDL	<ul style="list-style-type: none"> DO NOT eat, chew or drink anything except small amounts of water for a minimum of 12 hours and maximum of 16 hours before your blood is collected. This includes barium. If you are diabetic, fast for only 8 hours. No alcohol consumption for 24 hours prior to specimen collection.
Fasting: Cholesterol Triglycerides HDL LDL fasting glucose	<ul style="list-style-type: none"> DO NOT eat, chew or drink anything except small amounts of water for a minimum of 12 hours and maximum of 16 hours before your blood is collected. This includes barium. If you are diabetic, fast for only 8 hours. No alcohol consumption for 24 hours prior to specimen collection.
Non Fasting: Cholesterol Triglycerides HDL LDL	<ul style="list-style-type: none"> No special instructions. You may eat, chew or drink at any time before your blood is collected.

Printed copies are UNCONTROLLED unless signed by an authorized lab personnel below.

(Authorized individuals are: lab personnel designated in their zone/program or provincial role to produce print copies)