

Preparation for a Glucose or Lactose Tolerance Test

<p><b>Important Notes</b></p>	<ul style="list-style-type: none"> <li>For correct test results, follow these instructions carefully. Incorrect test results can cause an important medical problem to be missed, or the ordering of more or unnecessary tests.</li> <li>This test <b>MUST</b> be booked with the blood collection laboratory (PSC) of your choice. Call the CLS appointment line at 403-770-5136</li> </ul> <div style="border: 1px solid black; padding: 5px;"> <p><b>Glucose Tolerance:</b></p> <p>The drink provided for the Glucose Tolerance test includes the following ingredients:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: center;">Flavoured Drink</th> <th style="text-align: center;">Unflavoured Drink</th> </tr> </thead> <tbody> <tr> <td style="width: 33%; vertical-align: top;"> <p><b>Patient Service Centre and Calgary Hospital Sites</b></p> <ul style="list-style-type: none"> <li>Dextrose/Glucose (derived from corn)</li> <li>Citric acid</li> <li>Artificial flavours</li> <li>Sodium benzoate</li> <li>FD&amp;C Yellow #6</li> <li>Purified water</li> </ul> </td> <td style="width: 33%; vertical-align: top;"> <p><b>Calgary Rural Lab Sites</b></p> <ul style="list-style-type: none"> <li>Dextrose/Glucose (derived from corn)</li> <li>Citric acid</li> <li>Natural orange flavouring</li> <li>Sodium benzoate</li> <li>FD&amp;C Yellow #6</li> <li>FD&amp;C Red #40</li> <li>Purified water</li> </ul> </td> <td style="width: 33%; vertical-align: top;"> <p><b>All sites</b></p> <ul style="list-style-type: none"> <li>Dextrose/Glucose (derived from corn)</li> <li>Potassium sorbate (0.2%)</li> <li>Purified water</li> </ul> </td> </tr> </tbody> </table> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p><b>Lactose Tolerance:</b></p> <p>The drink provided for the Lactose Tolerance test includes the following ingredients:</p> <ul style="list-style-type: none"> <li>Lactose Monohydrate</li> <li>Natural orange flavouring</li> <li>No artificial flavouring or colouring</li> </ul> </div>	Flavoured Drink		Unflavoured Drink	<p><b>Patient Service Centre and Calgary Hospital Sites</b></p> <ul style="list-style-type: none"> <li>Dextrose/Glucose (derived from corn)</li> <li>Citric acid</li> <li>Artificial flavours</li> <li>Sodium benzoate</li> <li>FD&amp;C Yellow #6</li> <li>Purified water</li> </ul>	<p><b>Calgary Rural Lab Sites</b></p> <ul style="list-style-type: none"> <li>Dextrose/Glucose (derived from corn)</li> <li>Citric acid</li> <li>Natural orange flavouring</li> <li>Sodium benzoate</li> <li>FD&amp;C Yellow #6</li> <li>FD&amp;C Red #40</li> <li>Purified water</li> </ul>	<p><b>All sites</b></p> <ul style="list-style-type: none"> <li>Dextrose/Glucose (derived from corn)</li> <li>Potassium sorbate (0.2%)</li> <li>Purified water</li> </ul>
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<p><b>How to prepare</b></p>	<ul style="list-style-type: none"> <li>Have <b>NOTHING</b> to eat, chew (including gum or candy) or drink (except water) for at least 8 hours.</li> <li>You may bring a book or craft because this test will take 2 or 3 hours or more.</li> <li>For glucose tolerance tests only: Breastfeeding during the glucose tolerance test may moderately impact glucose test results. If you are breastfeeding, it is recommended that you time the appointment to avoid or minimize breastfeeding during the test. Please inform your health care provider if you breastfed during the test.</li> </ul>						
<p><b>When you get to the Laboratory</b></p>	<ul style="list-style-type: none"> <li>It is <b>VERY IMPORTANT</b> that you arrive on time for your appointment.</li> <li>If you do not arrive on time your appointment may be rebooked for another day.</li> <li>Come directly to the desk and tell us you have an appointment for a tolerance test.</li> <li>You will have an initial blood specimen taken and then will be given a drink. After finishing the drink, blood specimens will be taken at different times.</li> </ul>						
<p><b>During the Test</b></p>	<ul style="list-style-type: none"> <li><b>You cannot leave the laboratory area during the test.</b></li> <li>You may not smoke, eat (including gum or candy) or drink (except small amounts of water) during the test.</li> <li>You may use the laboratory washroom.</li> <li>Let the laboratory staff know if you feel sick during your test.</li> </ul>						

Questions? Contact the Laboratory Information Centre at 403-770-3600 or visit [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca).