

These patient instructions apply to:

Glucose Tolerance, 2 Hour
Glucose Tolerance, Gestational, 2 Hour

<b>How to Prepare</b>	<p>Contact the laboratory at 1-877-868-6848 to book an appointment. Ensure the test is booked at least 3 hours before the lab closing time.</p> <ul style="list-style-type: none"> <li>• The Glucose Tolerance test takes about 3 hours. You must stay at the laboratory site for the entire time.</li> <li>• Have nothing to eat, chew, or drink other than small amounts of water for a minimum of 8 hours before your appointment. <ul style="list-style-type: none"> <li>○ Prescription medication is permitted.</li> <li>○ Please do not book x-rays that use a barium drink on the same day before your fasting blood test.</li> </ul> </li> </ul>						
<b>Risks or Cautions</b>	<p>Potential allergy to the drink ingredients. The drink provided for the Glucose Tolerance test includes the following ingredients:</p> <table border="1" data-bbox="378 758 1505 1064"> <thead> <tr> <th data-bbox="378 758 950 802">Flavoured Drink</th><th data-bbox="950 758 1505 802">Unflavoured Drink</th></tr> </thead> <tbody> <tr> <td data-bbox="378 802 950 848"><b>Azer Scientific – Orange Flavoured<sup>1</sup></b></td><td data-bbox="950 802 1505 848"><b>Simply Pure Glucose Drink<sup>1</sup></b></td></tr> <tr> <td data-bbox="378 848 950 1064"> <ul style="list-style-type: none"> <li>• Dextrose (derived from corn)</li> <li>• Citric acid</li> <li>• Artificial flavouring</li> <li>• Sodium benzoate</li> <li>• FD&amp;C Yellow #6</li> <li>• Purified water</li> </ul> </td><td data-bbox="950 848 1505 1064"> <ul style="list-style-type: none"> <li>• Dextrose (derived from corn)</li> <li>• Potassium sorbate (0.2%)</li> <li>• Purified water</li> </ul> </td></tr> </tbody> </table> <p>If you are allergic to any ingredients in either of these drinks, consult with your physician to determine testing alternatives before coming to the lab.</p> <p>Alternative drinks provided by the patient will not be accepted because they have not been validated by the laboratory.</p>	Flavoured Drink	Unflavoured Drink	<b>Azer Scientific – Orange Flavoured<sup>1</sup></b>	<b>Simply Pure Glucose Drink<sup>1</sup></b>	<ul style="list-style-type: none"> <li>• Dextrose (derived from corn)</li> <li>• Citric acid</li> <li>• Artificial flavouring</li> <li>• Sodium benzoate</li> <li>• FD&amp;C Yellow #6</li> <li>• Purified water</li> </ul>	<ul style="list-style-type: none"> <li>• Dextrose (derived from corn)</li> <li>• Potassium sorbate (0.2%)</li> <li>• Purified water</li> </ul>
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<b>During the procedure:</b>	<ul style="list-style-type: none"> <li>• You will have an initial blood specimen taken.</li> <li>• You will then be given a glucose drink that you will be encouraged to finish within 5 minutes.</li> <li>• You will then have the following blood specimens taken as follows: <ul style="list-style-type: none"> <li>○ Non-pregnant patients: 2 hours after you finish the drink.</li> <li>○ Pregnant patients: 1 hour and 2 hours after you finish the drink.</li> </ul> </li> </ul> <p><b>IMPORTANT:</b></p> <ul style="list-style-type: none"> <li>• You cannot leave the laboratory during the procedure.</li> <li>• You may NOT smoke, eat, chew or drink (except small amounts of water) during the test.</li> <li>• Notify the laboratory staff if you feel sick during the test.</li> <li>• You may use the washroom.</li> </ul>						
<b>After the procedure</b>	<ul style="list-style-type: none"> <li>• You may resume normal diet and activities at the conclusion of the test.</li> </ul>						

**Questions About  
Your Collection?**

Laboratory location, hours and contact information may be found at:

- [www.albertaprecisionlabs.ca](http://www.albertaprecisionlabs.ca)
- Alberta Precision Laboratories at 1-877-868-6848
- Health Link Alberta at 811

1. Azer Scientific. [Ingredient List for Glucose Drinks.pdf \(azerscientific.com\)](http://azerscientific.com)