

**2 hour Glucose Tolerance or  
2 hour Pregnant Glucose Tolerance or  
Gestational Diabetes Screen**

<b>How to Prepare</b>	<p>Contact your local Laboratory Collection site to determine if an appointment is required.</p> <ul style="list-style-type: none"> <li>• 2 hour Glucose Tolerance and 2 hour Pregnant Glucose Tolerance - Requires an <b>8</b> hour fast.</li> <li>• Gestational Diabetic Screen – Recommend a <b>4</b> hour fast, but not required.</li> <li>• Fasting is defined as nothing to eat, chew, or drink except small amounts or water.</li> <li>• Prescription medication and smoking is permitted prior to your appointment.</li> </ul>
<b>Risks or Cautions</b>	<ul style="list-style-type: none"> <li>• Be prepared to stay at the Laboratory Collection site for the duration of the test, approximately <b>two to three hours</b>.</li> </ul>
<b>Collecting the Sample</b>	<ul style="list-style-type: none"> <li>• You will be given a glucose drink; we encourage you to finish the drink within 5 minutes.</li> <li>• During the test one, two or three blood samples may be taken.</li> <li>• You will be required <b>to remain in the laboratory collection area</b> for the entire duration of the test.</li> <li>• You will <b>not be allowed</b> to eat, chew, or smoke.</li> <li>• You may use the washroom.</li> <li>• You may have a small amount of water if needed.</li> </ul> <p>Notify the laboratory staff if you feel nauseous, lightheaded or unwell during the test.</p>
<b>Questions About Your Collection?</b>	<ul style="list-style-type: none"> <li>• Health Link Alberta toll free number 811</li> <li>• <a href="http://www.myhealth.alberta.ca">www.myhealth.alberta.ca</a></li> </ul>