COVENANT
HealthCare

INSTRUCTIONS FOR OB GLUCOSE CHALLENGES

PF08468 (R 3/06)

Dear Patient:

Your physician has ordered a Glucose Challenge Test to evaluate how well your body is utilizing sugar (glucose). You do not need an appointment, but you must consider the length of time required for your test and arrive at a Patient Service Center in plenty of time to complete the test. Please read the following description and instructions for the test you will be having. If you need more information please call 989.583.6742.

☐ **ONE HOUR POSTPRANDIAL GLUCOSE - OB**

It is not necessary for you to fast for this test. Upon arrival to the laboratory, you'll be asked to drink a carbonated beverage containing a measured amount of glucose. It is important that you finish the drink within 5 minutes. Your blood will be drawn one (1) hour after you finish the drink.

☐ **3 HOUR GLUCOSE TOLERANCE - OB**

In order to prepare for the GTT, you will need to **fast** (no food or drink) for at least eight (8) hours prior to arriving at the laboratory. You may drink water and take any essential prescription medication during your fast.

Upon arrival at the laboratory, your blood will be drawn for a **fasting blood sugar** level. You will be asked to drink a carbonated beverage containing a measured amount of glucose. It is important that you finish the drink within 5 minutes.

We will draw your blood one-hour after you finish the drink, and every hour thereafter for the duration of the tolerance, i.e., at hours 2 & 3. Please arrive at the laboratory not later than 1:30 p.m., Monday–Friday, or 9:00 a.m. on Saturday.

For both procedures

You are required to remain in the reception area during the entire challenge, and you may not eat, smoke, or drink anything other than water until the last specimen has been collected. If you feel uncomfortable, dizzy, or ill after drinking the carbonated beverage, please notify the receptionist. You may request to lie down during your wait.

Thank you for allowing Covenant Healthcare Laboratory to be of service!