



Patient Instructions

Glucose Tolerance Test:

This test is performed to evaluate your body's response to sugar (glucose). It can be used to screen for type 2 diabetes or gestational diabetes (a type of diabetes that develops during pregnancy).

There are various types of tolerance tests (your healthcare provider will order the one appropriate for you): 1 Hour, 2 Hour, or a 3 Hour test.

In preparation for this test:

- Please do not conduct this test if you have been ill (cold, flu, etc.) within the last week.
- **Fasting** is required for the **2 Hour and 3 Hour Glucose Tolerance Test**
 - ◇ *DO NOT eat or drink anything except for water for 12 hours. Please consult with your healthcare provider for specific instructions.*
- Fasting is **NOT** required for the **1 Hour Glucose Tolerance Test**, but please check with your healthcare provider for specific instructions.
- The test being ordered by your physician will determine the length of time you will need to spend in the laboratory. **Physical activity may interfere with the results so you will need to remain in the lab for the duration of the test.**

On the day of the test:

- If your healthcare provider ordered a test requiring a fasting blood draw, we will draw your blood first then have you drink a glucose beverage.
- You will be given a glucose solution containing a specific amount of glucose.
 - ◇ The 1 Hour test will contain 50 grams of glucose
 - ◇ The 2 Hour test will contain 75 grams of glucose
 - ◇ The 3 Hour test will contain 100 grams of glucose
- Staff will observe and time your consumption of the glucose beverage.
- **DO NOT** eat or drink anything except plain water after finishing the beverage (no mints, cough drops, chewing gum, coffee, or smoking).
- Remain seated in the lab during the time of the entire test as physical activity can interfere with the result.
- Please notify the lab staff if you feel ill or need assistance during this time.
- Your blood must be drawn at specific timed intervals. Failure to do so will disqualify the test.
- After the test is complete, you may eat or drink as normal.

Results:

Your results will be sent directly to your healthcare provider. To access your lab results, please visit our website (www.clinicallabs.com) for instructions on how to register for the patient portal or scan the QR code.



If you have any questions, please contact our Client Services Department at 808-677-7998 or toll free at 866-281-6816 or your healthcare provider.

Thank you for choosing Clinical Labs of Hawaii.

