



## INSTRUCTIONS FOR POSTPRANDIAL GLUCOSE CHALLENGES

PF00469 (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.

### TWO HOUR POSTPRANDIAL GLUCOSE (LOAD)

You do not need 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 two (2) hours after you finish the drink. If your physician has ordered a **fasting blood sugar**, we will also draw your blood before you drink the beverage.

### TWO HOUR POSTPRANDIAL GLUCOSE (MEAL)

In order to prepare for your glucose challenge, you will need to eat a meal containing approximately 100 grams of carbohydrates prior to having your blood drawn. You do not need to fast before eating the meal. You may come to the laboratory before eating, or you may eat at home and then come to the lab.

Please note the time that you **start** eating your meal and be sure to finish it within 30 minutes. You must have your blood drawn **exactly two (2) hours** after your first bite of food.

Choose one of the following meals as your test meal:

| Breakfast    |                  | Lunch  |              |
|--------------|------------------|--|--------------|
| Orange Juice | 1/2 cup          | Fruit or jello salad                         | 1 serving    |
| Cereal       | 1 serving        | Bread  | 2 slices     |
| Toast        | 2 slices         | Jelly  | 1 tablespoon |
| Jelly        | 1 tablespoon     | Potato, rice, macaroni, spaghetti or noodles | 1 serving    |
| Milk         | 1/2 pint (1 cup) | Cake, pie, custard                           | 1 serving    |
| Sugar        | 3 teaspoons      |  |              |

Please report to the laboratory at least 1 1/2 hours from the start of your meal and alert our staff that you are **participating** in a timed test!

### **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!**