

PATIENT INSTRUCTIONS FOR GESTATIONAL GLUCOSE TOLERANCE TESTING (NO APPOINTMENT NECESSARY)

GESTATIONAL DIABETES SCREEN

(50 gm – 1 hr post load)

Available at all St. Joseph's Laboratory sites

This is a screening test, and therefore the patient is not required to fast.

When the patient presents at the lab they will be given an orange flavored drink with a specified 50 gm amount of glucose. The patient must finish the drink within approx. 5 minutes and a timer is set for 1 hour when the drink is completed.

The patient may not have anything else to eat or drink during the 1 hour waiting time, and should refrain from vigorous exercise.

A blood sample is drawn 1 hour after the drink, and the test is completed.

The patient may leave the lab area but must return to the lab 15 minutes prior to the time of the blood test to ensure that the time is not missed.

GESTATIONAL DIABETES 2 HOUR TOLERANCE TEST

(75 gm – 2 hour) – **Fasting 8-10 hours**

Available at the hospital laboratory site only – Monday to Friday

The patient should arrive at the lab at approximately 08:00 a.m.

Because this is a timed test the patient will be prioritized and will begin the test as soon as possible. They should come prepared to stay at the laboratory for approximately 3 hours to complete the test.

An initial fasting blood sample test is drawn and then the patient is then given an orange flavored drink with the specified 75 gm amount of glucose. They should complete the drink within 5 minutes. When finished timing begins and 2 further blood samples are drawn, 1 hour apart.

The patient may not have anything else to eat or drink during the testing time, and should refrain from vigorous exercise.

We ask that the patients do not leave the laboratory area during the waiting period incase they feel unwell. If they do feel unwell the lab will bring the patient in from the waiting area and allow them to lie down during the waiting period.