



Patient Preparatory Instructions

Glucose Testing

1. Fasting – nothing to eat or drink, except water, for 12 to 14 hours prior to the appointment.
2. Two-hour Post Prandial – instructions to be given to the patient by lab or front desk at time of appointment.
3. Glucose Tolerance Test – two-, three-, or five-hour
 - Appointment should be made with the front desk. Tests are scheduled for 8:30 a.m.
 - Patient should be fasting. (See above instructions for fasting.)
 - Patient should remain in the clinic during the entire test. Bring reading materials if desired. Allow about four hours start to finish.
 - Bring a snack (preferably nothing sweet) to eat at the conclusion of the test.
4. One-hour Glucose Test (OB patients only)
Instructions and beverage given to the patient by the OB department.

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