



HOSPITAL

**Armstrong Center for  
Medicine and Health Hospital  
Laboratory Information: (724) 534-8123**

## **GLUCOSE TOLERANCE INSTRUCTIONS**

**For correct test results, follow these instructions carefully.** Incorrect test results can cause an important medical problem to be missed, or the ordering of more or unnecessary tests.

**This test must be scheduled in advance with the laboratory. Please call (724) 543-8123 or (724) 543-8119.**

### **Before the test:**

- Have **NOTHING** to eat, chew (including gum or candy) or drink (except water) for at least 10 hours and no more than 16 hours before coming to the laboratory.
- You may bring a book or craft because this test will take anywhere from ½ hour to 2 or 3 hours or more, depending on your doctor's order.

### **When you get to the laboratory:**

- It is important that you arrive on time for your appointment. If you do not arrive on time your appointment may be rebooked for another day.
- Do not take a number when you arrive at the laboratory; come directly to the desk and tell us you have an appointment for a tolerance test.
- You will be given a drink and then blood samples will be taken at different times.

### **During the test:**

- **You cannot leave the laboratory area during the test. You may be there for several hours.**
- You may not smoke, eat (including gum or candy) or drink (except small amounts of water) during the test.
- You may use the laboratory washroom.
- Let the laboratory staff know if you feel sick during your test.