



HOSPITAL

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

TESTING FOR GLUCOSE 2 HOURS AFTER A MEAL

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.

Eating your meal:

1. Prepare a good, balanced meal.
2. Start timing the 2 hour period when you start to eat the first mouthful of your meal. For example, if you start eating your meal at 10 a.m., your blood sample will be collected at 12 noon.
3. Take no longer than 20 minutes to eat your meal.
4. After your meal, do not eat, chew (including gum or candy) or drink anything else (except small amounts of water) until after your blood sample has been collected.

Blood collection:

- A blood sample is collected exactly 2 hours after you start to eat.

Collection of Blood Sample:

- Be at the laboratory 15 minutes before the time your blood sample is to be collected.
- Do not take a number, come directly to the lab and tell us you are here for a timed blood collection.