



central peninsula hospital

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Patient Instructions for Glucose Tolerance Testing

You must schedule an appointment to have this test done.

Date _____ Time _____

For the 3 days prior to testing:

- Consume a normal diet (generally at least 150 grams of carbohydrates per day) and perform normal physical activity.

12-14 hours before testing:

- Begin fasting. Only water may be consumed during this time.
- If you are on medication, consult with your physician.

Notes about testing:

- Testing will take from 2-5 hours depending on what your physician has ordered. You will not be able to leave the hospital during this time period.
- Testing includes several blood draws. The blood draws will be as follows:
 - Fasting Glucose Level
 - 1 hr Glucose Level
 - 2 hr Glucose Level
 - 3 hr Glucose Level and so on.
- You may drink only water during testing, no food or other fluids.
- You should not chew gum or smoke during testing.