ALBANY MED Health System
SARATOGA HOSPITAL

PATIENT INSTRUCTIONS

Glucose Tolerance Tests-Patient Instructions:

NOTE: You must have an appointment for this test. Tests can be scheduled Tuesday-Friday in the morning. Please call 583-8440.

You are scheduled to have an oral glucose tolerance tests on so that your doctor can find out how well you body absorbs and uses glucose (sugar). You should not eat 12-14 hours prior to this test.

A blood sample will first be collected in the laboratory, and after this you will be given a glucose solution to drink. The examination lasts for approximately five hours, and several blood samples will be collected from you during this time.

During this test, you may not eat, drink, smoke, walk excessively or leave the laboratory area.

At the following times, you will need to have your blood drawn:

1 hour sample:_____

2 hour sample:_____

3 hour sample:_____

**IMPORTANT: If the phlebotomist has not called for you when your blood draw is due, please tell the office staff immediately.