



## FHHR LABORATORY PATIENT INFORMATION

### 50 gram GLUCOSE TOLERANCE TEST ~ 28 WEEK PRENATAL SCREEN

Please read carefully prior to test.

Most expectant mothers are given a Glucose Tolerance Screening Test between the 24th and 28th weeks of pregnancy to check for Gestational Diabetes mellitus, a high blood sugar condition that some women develop during pregnancy.

#### **Instructions:**

1. The test is performed during regular hours Monday to Friday at all FHHR collection sites except Willowbunch and Mossbank. Testing times will be limited by hours of service at each location.
2. Patients may maintain all regular activity and eating habits prior to the test. Fasting is **not** required nor is an appointment. If patients are taking medications, their physicians should be consulted to determine if they should be discontinued prior to the test.
3. Upon arrival, an orange glucose tolerance test beverage is administered. The drink must be consumed within 5 minutes.
4. Patients will then be asked to remain in the waiting room without eating, drinking, smoking or exercising for one hour at which time a blood sample is collected. Patients may use the bathroom.
5. Results are sent directly to the requesting physician.