



## PATIENT COLLECTION INSTRUCTIONS

### ONE HOUR GLUCOSE TOLERANCE SCREEN FOR PREGNANT PATIENTS

#### Materials:

- 50g Glucose beverage provided by the laboratory

For pregnant patients, fasting is not required. If your physician or midwife has instructed you to fast for a specified amount of time, please follow your physician's orders. This means no food or drink, except water to keep you hydrated.

At the laboratory draw station:

You will be given a 50 gram glucose drink. You will need to drink this beverage within 5 minutes or less. Note the time as soon as you finish the drink.

We need to draw your blood **exactly one hour after you have finished the drink**. We recommend that you plan to stay at the laboratory draw station for the one hour duration until your blood has been collected.

If you have been given the glucose beverage drink, or instructed to eat jelly beans, prior to arriving at the laboratory draw station, please arrive at least 30 minutes prior to the time you need to be drawn to allow for processing of your paperwork.

Do not eat or drink, other than water, until after your 1 hour blood sample has been drawn. If you become ill and are not able to keep the drink in your stomach, inform the laboratory personnel.

#### **Pavilion Laboratory**

**750 Wellington Ave entrance 22**

**Monday- Friday 7:00am-5:30pm**

**Saturday- 7:00am-12:00pm**

**St. Mary's Laboratory Services**

**(970)298-2071**