

North Bay Regional Health Centre

Laboratory – Biochemistry Department Glucose Tolerance Testing Collection Instructions

Your health care provider has ordered a blood test called a glucose tolerance test. The information below will help you understand what to expect during the test.

- The test is done in the outpatient lab. It involves drinking a sweet liquid that looks and tastes like orange pop. You will wait for a while before your blood samples are taken. It may take **up to 3 hours** to complete the test.
- Come to the lab no later than 11:00 am. If you come later, there may not be enough time to complete the test.
- When you are given the drink, you must finish it all within 3 to 5 minutes. If you feel sick to your stomach and throw up, the test will be rescheduled for another day.
- The lab staff will tell you how long you will need to wait before they take your blood sample. You may have up to 3 blood samples taken with waiting periods in between.
- While you are waiting, please follow the instructions below:
 - You may drink water, but not eat or drink anything else
 - Do not chew gum
 - Sit in the waiting room. Do not walk around or exercise.
- **If you need further information, contact the lab at 705-474-8600 ext. 2935**