



# Woman's

## Glucose Testing Information

*The blood glucose test measures the amount of "sugar" in the blood. You will drink a standard amount of glucose solution and then your blood will be tested one or more times to see how your body reacts.*

### Instructions While You Wait

After drinking the glucose solution, you **SHOULD NOT** eat, smoke, chew gum, or have candy or mints. Anything in your mouth may stimulate digestion and change test results. You may have 2-3 sips of water each hour. If you feel discomfort please let us know.

You are allowed to go to the rest room.

### Times to Return

When it is time for your blood to be drawn please come back into the lab and let us know. If you are not in the lab at your designated time the test will have to be repeated.

Your times to return for specimen collection are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Please contact your physician  
for laboratory results.

### After Your Test

We recommend that after your test, you eat a hearty meal consisting of high protein/low carbohydrate choices and avoid sugary drinks.