

How to Prepare	<p>Contact your local Laboratory Collection site to determine if an appointment is required.</p> <ul style="list-style-type: none"> • 2 hour Glucose Tolerance and 2 hour Pregnant Glucose Tolerance - Requires an 8 hour fast. • Gestational Diabetic Screen – Recommend a 4 hour fast, but not required. • Fasting is defined as nothing to eat, chew, or drink except small amounts or water. • Prescription medication and smoking is permitted prior to your appointment.
Risks or Cautions	<ul style="list-style-type: none"> • Be prepared to stay at the Laboratory Collection site for the duration of the test, approximately two to three hours.
Collecting the Sample	<ul style="list-style-type: none"> • You will be given a glucose drink; we encourage you to finish the drink within 5 minutes. • During the test one, two or three blood samples may be taken. • You will be required to remain in the laboratory collection area for the entire duration of the test. • You will not be allowed to eat, chew, or smoke. • You may use the washroom. • You may have a small amount of water if needed. <p>Notify the laboratory staff if you feel nauseous, lightheaded or unwell during the test.</p>
Questions About Your Collection?	<ul style="list-style-type: none"> • Health Link Alberta toll free number 811 • www.myhealth.alberta.ca