

**South Zone Glucose Tolerance
Test – 2 Hour Gestational**
How to prepare
Appointments

	Test Location	Booking Information
Brooks	Patient Collection Site, AHS Laboratory – 500 Cassils Road	No appointment necessary
Lethbridge	Any laboratory location	No appointment necessary
Medicine Hat	Patient Collection Site, AHS Laboratory – #1 - 44 Carry Drive SE	Call 403-502-8638
	Laboratory Patient Collections, Medicine Hat Regional Hospital	Call 403-529-8830
All other locations	Local hospital laboratory	No appointment necessary

- You should be greater than 24 weeks pregnant
- You must have had a previous 1 hour Gestational Screen Test
- A minimum of an 8 hour fast **IS** necessary.
Fasting is defined as nothing to eat, chew (including gum or candy), or drink other than small amounts of water.
Prescription medication is permitted.

Drink Ingredients

Dextrose/Glucose (derived from corn)	FD&C Yellow #6
Citric Acid	FD&C Red #40
Natural Orange Flavouring	Purified water
Sodium Benzoate	

**Risks or
Cautions**

- You **must** remain at the laboratory for the duration of the test (approx. 2-2.5 hour).
- If you start to feel ill, let laboratory staff know.
- You may not smoke, eat, chew (including gum or candy), or drink other than small amounts of water during the test.

**Collecting the
Sample**

- You will have a fasting blood specimen drawn and checked for a glucose level. If the glucose level is outside the prescribed test limits, your doctor will be notified and the test may be cancelled.
- You will be given a glucose drink
- You will have 5 minutes to consume the drink
- Your blood will be drawn 1 hour and 2 hours after glucose drink is given

**Questions
About Your
Collection?**

Lethbridge – (403) 388-6057
Medicine Hat – (403) 529-8919

Your appointment is: Date: _____

Time: _____

When you arrive at the laboratory, go directly to the desk and tell them you have an appointment for a tolerance test.

Contact your local laboratory for hours of service or visit MyHealth.Alberta.ca