

**South Zone Glucose Tolerance Test
– 2 Hour Standard (Non-Gestational)**

How to prepare	Appointments		
		Testing 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	403-502-8638
		Laboratory Patient Collections, Medicine Hat Regional Hospital	403-529-8830
	All other locations	Local hospital laboratory	No appointment necessary
	<ul style="list-style-type: none"> You must NOT be pregnant A minimum of an 8 hour fast IS necessary. Fasting is defined as nothing to eat, chew (including gum or candies), or drink other than small amounts of water. Prescription medication is permitted. 		
Risks or Cautions	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 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.