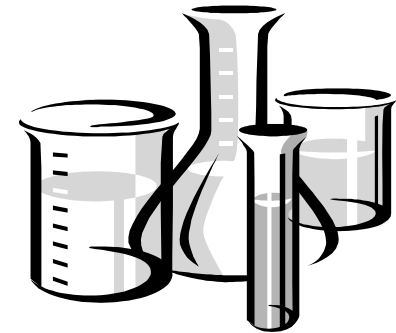


Outpatient Instructions for Glucose Challenge Test

Your physician has ordered a glucose challenge test to determine how your body will handle a measured amount of glucose (sugar) given to you.

INSTRUCTIONS:

- 1) You will be given a measured amount of glucose in a soda-like beverage. You should finish the entire amount given to you within a five-minute period.
- 2) One hour after you drink your “soda” you will have a blood sample drawn.



PLEASE NOTE:

Please stay in the laboratory for the entire time of the test.

You should not smoke, drink coffee or exercise (other than to walk around) during the test.

You may drink water during the test. Please let someone know immediately if you experience feelings of nervousness, sweating, rapid heartbeat, drowsiness, dizziness, feeling faint or any other unusual feelings.

