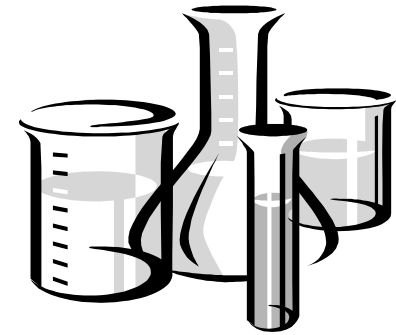


Outpatient Instructions for Glucose Tolerance Test



Your physician has ordered a glucose tolerance test to determine how your body will handle a measured amount of glucose (sugar) given to you. Be sure to fast 12 hours prior to the test being performed!

INSTRUCTIONS:

- 1) On arrival in the laboratory, a blood sample will be taken. This is the “fasting” sample.
- 2) 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 after your “fasting” sample has been taken.
- 3) One half hour after your fasting sample was taken, we ask you again for blood samples.
- 4) Every hour after your fasting sample was taken we will ask you again for a blood sample. (Up to the total number of hours for which your physician has ordered the test).

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.

