

**OCHSNER CLINIC FOUNDATION
DEPARTMENT OF PATHOLOGY & LABORATORY MEDICINE**

INSTRUCTION FOR ALL GLUCOSE TOLERANCE TESTS

Patient Instructions:

1. You will need to eat complete full meals for 3 days prior to taking this test.
2. You may take your usual medications unless your doctor tells you otherwise.
3. You may maintain your normal physical activity.
4. PLEASE TELL THE STAFF IN THE LAB IS YOU HAVE BEEN ILL IN THE PAST THREE

(3) DAYS. Example: Fever, Nausea, Vomiting, etc
5. Do NOT eat or drink anything except water after your evening meal the night before your test. The minimal fasting time is eight (8) hours.
6. Do NOT smoke or drink any alcohol after your evening meal.
7. Do NOT chew gum or eat candy mints after your evening meal and on the day of your test.
8. You will have blood drawn at several intervals for a number of hours depending on the duration

of your test. Do not eat or drink anything other than water during this time.
9. You will need to stay in the lab waiting area during the entire period until the lab staff tells you

that the test is complete.