
Patient Instruction: Glucose Tolerance Testing

What are patient instructions?

Patient instructions are written toward helping explain the proper way in collecting laboratory specimens. If followed correctly, you are ensuring your test results will be accurate and reliable. They are instructions to be followed before, during and after the collection process. This is a vital step in the outcome of your laboratory results.

Contacts:

If you have any questions before, during or after the collection, feel free to contact the following:

Nekoosa Clinic Laboratory
Monday-Friday; 8 a.m. to 5 p.m.
(715) 886-2140

Lakes Clinic Laboratory
Monday-Friday; 8:30 a.m. to 5 p.m.
(715) 325-8340

Wisconsin Rapids Clinic Lab Area
Monday-Friday; 8 a.m. to 5 p.m.
(715) 422-7767

Riverview Hospital - Main Laboratory
Monday-Friday; 7 a.m. to 7 p.m.
Saturday-Sunday; 8 a.m. to 3 p.m.
(715) 421-7433

Instructions:

Your doctor has ordered a glucose tolerance test.

- 1) Fasting is required, please ask for fasting instructions if needed.
- 2) Be prepared to spend time at the clinic location. This test is a time-sensitive procedure. Depending on the tolerance test being administered (1-hour, 2-hour, 3-hour, 5-hour or 6-hour) you will have to wait at the clinic until all specimens have been drawn.
- 3) A urine sample will need to be collected prior to starting the procedure. Be prepared to give a urine sample.
- 4) We may need to draw a fasting blood glucose depending on which tolerance test you are having done.
- 5) A bottle of glucola (50g, 75g, or 100g) will be given to drink. Once you are done drinking the glucola, a time interval will be established to draw the blood specimens.

- 6) When you are released at the completion of the entire procedure, be certain to eat a normal meal.
- 7) If at any time during the procedure you feel ill, be sure to let lab staff know and they will help assist you. If the glucola cannot stay down and you vomit, the tolerance test will have to be repeated on a different day.

Lab Appointment Needed:

Please call ahead and schedule your lab appointment if you need lab work done or dropping off your specimen.

Nekoosa Clinic
(715) 886-2100

Lakes Clinic
(715) 325-8300

Wisconsin Rapids Clinic
(715) 421-7474

Thank You

Our Commitment



We are committed to help and assist you in every possible way. This is done by providing the most accurate and precise patient instructions. We hope your experience will be positive.

If you feel we can improve these instructions, please call or email the Clinic Laboratory Supervisor directly at any time. We value your input in making our services better.

Riverview Family Clinic
Laboratory Supervisor
(715) 886-2141

Email: hawmic@rhahealthcare.org

Riverview Family Clinic

Nekoosa Clinic

Nekoosa Medical Center
1015 Angelus Drive
Nekoosa, WI 54457
715-886-2100

Lakes Clinic

Lakes Area Medical Center
1160 Rome Center Drive
Nekoosa, WI 54457
715-325-8300

Wisconsin Rapids Clinic

Riverview Medical Center
410 Dewey Street
Wisconsin Rapids, WI 54494
715-421-7474

Web Site:

www.riverviewclinic.net

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Clinical Laboratory Patient Instructions

