

Glucose Tolerance Testing, Gestational

Dosage and collection times:

1. The patient must be fasting for 8 to 10 hours prior to the test and have been on a normal diet for 3 days prior to the test.
2. Draw a fasting blood specimen in 1 grey-top (potassium oxalate/sodium fluoride) tube (1 mL/minimum volume: 0.5 mL of potassium oxalate/sodium fluoride plasma).
3. Have the patient drink the entire 100 g glucose tolerance beverage.
4. The patient should drink the beverage within 10 minutes. Start timing the test when the patient begins drinking the glucose solution. The patient should remain seated during the testing period. Do not allow the patient to eat or smoke during the test.
5. Draw a blood specimen (grey-top [potassium oxalate/sodium fluoride] tube) at 1-, 2-, and 3-hours after drinking glucose beverage.

See example of specimen draw times below:

8 a.m.	Fasting blood specimen drawn
8:15 a.m.	Patient begins drinking glucose
9:15 a.m.	1 hour post-dose blood specimen
10:15 a.m.	2 hours post-dose blood specimen
11:15 a.m.	3 hours post-dose blood specimen