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## LABORATORY INSTRUCTIONS

### Glucose Testing

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1. **Fasting Glucose**

If the physician orders a fasting glucose, verify that the patient has fasted for 8-10 hours prior to the blood draw.

2. **Glucose Tolerance Test**

In the case of an order for a Glucose Tolerance Test (GTT), proceed according to the following table:

		Fasting	½ hour	1 hour	2 hour	3 hour	4 hour	5 hour
<b>2-Hr GTT</b>	Urine	X	X	X	X			
	Blood	X	X	X	X			
<b>3-Hr GTT</b>	Urine	X	X	X	X	X		
	Blood	X	X	X	X	X		
<b>4-Hr GTT</b>	Urine	X	X	X	X	X	X	
	Blood	X	X	X	X	X	X	
<b>5-Hr GTT</b>	Urine	X	X	X	X	X	X	X
	Blood	X	X	X	X	X	X	X

- Give the patient a bottle of Sundex or Glucola after the fasting specimen is collected and start the clock when the patient has finished drinking the solution. Instruct the patient that he/she may drink water, but may not eat or drink anything else for the duration of the test.
- It is helpful to prelabel the urine cups including the time or the phase of testing i.e. 1-hour, 2-hour, etc. Place them, in order, along with the timer in an easily accessible place, separate from supplies for your other patients.
- Reset the timer each time you call the patient to collect another specimen.
- Remember that if you begin a GTT, you own it. The patient is your responsibility for the duration of the test.
- Keep the specimens together as the test is proceeding. The 3-5 hour GTT specimens need to be centrifuged, as the glucose will decrease in an uncentrifuged specimen.
- All of the specimens should be transported to the laboratory together.

3. **Maternal Screen**

If a 1-hour glucose screen, 1-hour tolerance or maternal glucose screen is ordered, order Gluc, Maternal Scrn (Glucola).

- a. A fasting specimen is not required for this test.
- b. Note the load or dose that the physician specifies for the test, e.g. 50g load or 75g load. It is probably best to pour that amount into the cup for the patient. The doses are printed on the bottle.
- c. Administer the requested dose. Each bottle is 100 grams, so pour the requested amount into a cup and instruct the patient to drink the solution.
- d. One hour after the Glucola is consumed, collect a blood specimen.