

You have been scheduled for a Glucose Tolerance Test in the lab at the DiLorenzo TRICARE Health Clinic. The following instructions should be followed to insure that this somewhat lengthy procedure is completed in a satisfactory manner, resulting in useful lab results.

1. For at least 3 days prior to the test, you should insure that your carbohydrate intake **exceeds** 150-grams. A 150 GRAM CARBOHYDRATE DIET is available from the lab for your information. Failure to meet the minimum carbohydrate intake may result in questionable lab results and the entire test may have to be repeated.
2. You are expected to fast 8 hours before the beginning of the test. You are to have nothing to eat or drink other than plain water. Take medication as long as you can take it with water. No breakfast or coffee should be consumed on the morning of the test. There will be no smoking immediately prior to or during the test.
3. Begin the 150-gram carbohydrate diet on (date) _____.
4. Begin the 8-hour fasting period on (date) _____ at (time) _____.
5. You are to report to the DTHC lab for the Glucose Tolerance Test on (date) _____ at (time) _____.
6. You will be administered a glucose solution, after which, blood specimens will be collected at specified time intervals.
7. Plan to be in the lab for a period of 2-6 hours.

If for any reason you are unable to comply with the above instructions and/or are unable to report to the lab on the morning of the scheduled test, please contact the lab at 703.692.8990 as soon as possible so your test can be rescheduled.

Any questions regarding these instructions should be directed to your Health Care Provider or to the lab.