



Patient Preparatory Instructions

3-Hour Glucose Tolerance Test

1. Call 763.785.4500 to schedule the Glucose Tolerance Test. The test will be scheduled for an 8:30 a.m. appointment. You should plan to remain in the clinic for the entire morning. Bring reading materials along with you if you like, and a snack to eat at the completion of the test.
2. Fast for 8 to 12 hours prior to the test. No special diet or restriction of activity is necessary prior to the test.
3. A fasting blood sample will be obtained, after which you will be given an orange flavored glucose drink. Blood samples will be obtained at one, two, and three hours after drinking the glucose beverage. You will be asked to give a urine sample each time a blood sample is collected.
4. Please allow us three days before we notify you of the test results.

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