

PATIENT INFORMATION SHEET FOR COLLECTION OF FASTING GLUCOSE AND/OR POSTPRANDIAL GLUCOSE TEST

GENERAL INFORMATION:

A 2-hour postprandial blood sugar measures *blood glucose exactly 2 hours after eating a meal*. By this point blood sugar has usually decreased in healthy people, but it may still be elevated in people with diabetes. Thus, it serves as a test of whether a person may have diabetes, or of whether a person who has diabetes is successfully controlling their blood sugar.

PURPOSE:

Screening test for diabetes mellitus. The test is also used to evaluate the effectiveness of medication or dietary therapy in those already diagnosed with diabetes.

PREPARATION FOR THE TEST:

You should fast (no food or energy supplying substance) for at least eight hours prior to the test (but no longer than 14 hours). Water is permitted during the fasting period.

METHOD OF COLLECTION:

1. All tests are preferably done in the morning because of variations in sugar levels during the course of the day.
2. On arrival, a fasting blood is collected. (If fasting glucose required)
3. You need to go and have breakfast and return to the Collection Room within 2hrs after you have finished eating.
4. Another blood sample is collected 2 hours after you have finished eating.

For further inquiries or additional information regarding this testing procedure you can either speak directly with the attending pathology collector or by contacting the main laboratory Customer Service Department on 1300 633 522.

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