



One-Hour 50 gram Glucose Tolerance

1650 Cowles
(Fairbanks Imaging Center)
Fairbanks, AK 99701
907-458-5640

Or

1101 and 1001 Noble
(in the TVC building)
Fairbanks, AK 99701
907-459-3500 x 2229

Instruction Notes:

- Follow any special instructions your practitioner may have given.
- The glucose beverage is available through the laboratory and tastes best if refrigerated prior to ingesting.
- The glucose drink must be ingested within 5 minutes.
- Once the glucose drink has been ingested, you must not have anything to eat or drink and not smoke until after the blood specimen is drawn.

Patient Instruction:

1. If your provider requires fasting, have nothing by mouth except for water 12 hours prior to test. Water is encouraged to avoid dehydration.
2. On the day of the test you will need the 50 gm glucose beverage provided by the laboratory.
3. At the desired time, drink the glucose beverage within 5 minutes.
4. Note the time you finished drinking the beverage.
5. Plan to arrive at the laboratory 30 minutes after the finish time. Your blood must be drawn exactly 1 hour after the finish time to ensure an accurate test result.
6. Register at the FMH Admissions desk located on the first floor of the main clinic building.
7. After registration, bring paperwork to the laboratory reception area and tell the personnel what time you finished drinking the glucose beverage.
8. Your blood will be drawn exactly one hour after that time.

Timing example:

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| 9:00 | Start drinking the glucose beverage. |
| 9:05 | Finish drinking the beverage and note time. |
| 9:35 | Arrive at the clinic and register at the Fairbanks Memorial Admissions desk located in the first floor lobby. |
| 10:05 | Blood draw is performed. |