

PATIENT INSTRUCTIONS FOR POST PRANDIAL TESTING

This procedure tests for the body's ability to utilize glucose. It is non-specific in that the amount of glucose is not controlled and is dependent on nutritional habits. It gives valuable insight to the healthcare provider as to diet vs. body metabolism.

1. Fast for 10-12 hours prior to starting the test.
2. When you check-in at the reception desk, the receptionist will generate two labels. The first label will be designated as "AM Fasting" and the second label as "2 HR PP".
3. The phlebotomist will draw a fasting glucose tube (preferably early in the morning, no later than 1200.).
4. After the first blood draw, go eat a meal. The meal must be consumed within 20 minutes from the start to finish.

EAT ONLY ONE OF THE FOLLOWING COMBINATIONS:

1 cup orange juice
3 slices of toast
3 tablespoons of jam/jelly
OR

½ cup orange juice
3 pancakes (4" in diameter)
3 tablespoons syrup
OR

1 cup hot cereal (or 1.5 cup dry cereal - like corn flakes or cheerios)
3 tsp sugar
1 Med Banana (or 1 cup juice)
1 cup (8 oz) low fat milk

5. Afterwards, return in **exactly** 2 hours for the next blood draw.
6. When you return, the phlebotomist will draw one final tube of blood.
7. If you have any questions, please call the laboratory between 0730 and 1700 at (785) 239-7648.

It is important that you adhere to these instructions. They are vital in the analysis of the specimen requested and also with presenting an accurate report of your condition to the health care provider.

