



2 Hour Glucose Tolerance Testing Instructions

- 1) Do not eat or drink anything for 8 hours prior to testing
- 2) Come to Outpatient Lab – Methodist Dallas Medical Center, Pavilion II 2nd floor

**** If you are given lab paperwork, bring it with you ****

- 3) Blood will be drawn
- 4) You will drink glucose solution
- 5) You may not smoke, eat, drink, or exercise during the 2 hours. Water is permitted.
- 6) You must come back to the lab 2 hours after drinking the glucose solution for a second blood draw.