



PREPARE FOR YOUR GLUCOSE TESTING

1 HOUR Glucose Testing

- No special diet needs to be followed. No need to fast, but refrain from eating too many sugary foods.
- At the lab, you will be given 50g glucose solution to drink. Drink the entire beverage within 5 minutes.
- Do not eat anything after drinking the glucose solution.
- Your blood will be drawn 1 hour after finishing the glucose solution.
- Usually hemoglobin & hematocrit is also drawn to check for anemia.
- If you vomit soon after you've had the drink, you'll have to come back another day and repeat the test (this is usually a non-issue).

3 HOUR Glucose Testing

- Eat a balanced diet that contains at least 150 grams (g) of carbohydrate per day for 3 days before the test. Fruits, breads, cereals, grains, rice, crackers, and starchy vegetables such as potatoes, beans, and corn are good sources of carbohydrate. If you eat a normal diet and have an extra piece of bread at each meal, you'll likely be getting enough carbs.
- Do not eat, drink, smoke, or exercise strenuously for at least 8 hours before your first blood sample is taken. The glucose tolerance diagnostic test may take up to 4 hours. Bring something to read to help you pass the time. Your blood will be taken when you arrive fasting.
- After you drink 100g of glucose solution, the blood will be taken at 1-hour, 2-hour and 3-hour mark. Since activity can interfere with test results, you will be asked to sit quietly during the entire test. Do not eat during the test. You may drink only water during this time. You may drink small sips of water if thirsty.
- As you'll likely be hungry, please bring something to eat after the test has been completed.

For any questions please call us or chat with us 24/7.

Location

3711 Long Beach Blvd, #110
Long Beach, CA 90807

Hours

Monday: 8am – 7pm
Tuesday: 8am – 5pm
Wednesday: 8am – 7pm
Thursday: 8am – 7pm
Friday: 8am – 5pm
Saturday: 8am – 12pm

