

2 Hour PC Glucose Test

The following instructions are intended to help us collect the correct specimen for the test your clinician has requested.

First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

A 2 hour PC glucose test measures the blood glucose exactly 2 hours after eating a meal.

Notes:

Your clinician may have ordered a fasting blood glucose test along with the 2 hour PC glucose test. If you are asked to fast:

- Do not eat anything for a minimum of 8 hours for a fasting glucose test
- Do not drink any juice, tea or coffee. You are allowed to drink water.
- Do not smoke, chew gum, or exercise. These activities may stimulate the digestive system and alter test results.

After the fasting glucose specimen is collected, you must now prepare for your 2 hour PC glucose.

Instructions:

1. Prepare and eat a normal balanced meal.
2. Start timing your 2 hour period from the time you completed your meal.
For example: if you finish eating your meal at 10:00 a.m., your blood sample will be collected at 12:00 noon.
3. After your meal:
 - Do not eat or drink anything until your blood sample is collected. You are allowed to drink water.
 - Do not smoke, chew gum, or exercise until your blood sample is collected.
4. Arrive at the laboratory 10 minutes before your blood is to be collected.
5. Inform the receptionist that you are here for your 2 hour PC glucose test.

Question and Answers:

What is a balanced meal?

A balanced meal is one which contains a healthy variety of foods, giving you a number of different nutrients, including carbohydrates, proteins, vitamins and minerals and possibly fiber.

Should I continue to take my medications?

Yes, unless your doctor tells you not to.