

HEALTHEAST MEDICAL LABORATORY

HealthEast Medical Laboratory (HML) is a full-service reference laboratory dedicated to providing accurate test results in a fast, efficient and cost-effective manner.

SKILLED STAFF, QUALITY TESTING

We ensure the quality of our laboratory testing through our policies, procedures, processes and an experienced and committed staff. Our pathologists, managers, supervisors, technologists, technicians and support personnel are dedicated to providing laboratory testing of the highest quality to your patients.

Fasting specimen drawn at: _____

Glucose solution given at: _____

Blood will also be collected at:

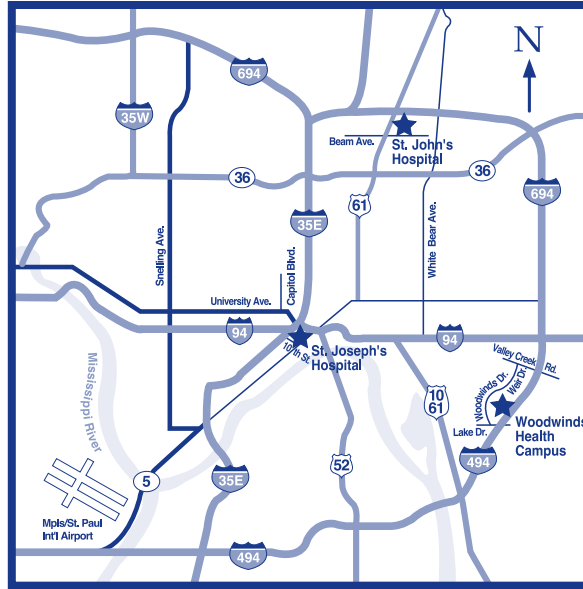
1 hour _____

2 hours _____

3 hours _____

(3rd hour not done for 2-hour test)

HealthEast[®]
MEDICAL
LABORATORY



St. Joseph's Hospital
69 West Exchange Street
St. Paul, MN 55102

651-232-3500

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OUTPATIENT INFORMATION ABOUT
**GESTATIONAL GLUCOSE
TOLERANCE TESTING**

HealthEast Medical Laboratories
ST. JOSEPH'S HOSPITAL
651-232-3500
www.healtheast.org/hmlonline

The oral glucose tolerance test is a test used to screen for gestational diabetes. Gestational diabetes is a type of diabetes that can develop in some women late in pregnancy (usually after the 24th week). Women who develop gestational diabetes do not have diabetes before becoming pregnant. The test is generally given between the 24th and 28th week of pregnancy. If you have had gestational diabetes before, or if your health care provider is concerned about your risk of developing gestational diabetes, the test may be performed before the 13th week of pregnancy.



- This entire test will take approximately three to four hours.
- You must be fasting 8-14 hours for this test.
- The first step is that your blood will be drawn for a fasting glucose test. The result of this fasting test must be within a certain range established by the medical staff in order for us to continue. This will take approximately 30 minutes. Once we have determined if we can proceed, a special drink (orange or lemon flavored) will be given to you.
- As soon as you finish the drink, the test begins. A timer will be given to you. When the timer goes off, return to the Lab for your next blood draw. This process may be repeated one or two more times, depending on the test you have ordered.
- Between blood draws, you can stay in the Laboratory waiting area or go to the Surgery Waiting Room, where you will find more comfortable seating and a television. Let us know if you get cold or chilly.
- Physical activity should be minimized, as it will affect the test.
- No smoking during the test.
- During the test, you cannot consume anything except for small amounts of water.
- After all the blood tests have been drawn, we suggest that you have something to eat prior to leaving. A complimentary meal ticket will be given to you for use in the hospital cafeteria located on the Lobby Level.



THANK YOU FOR COMING TO

St. Joseph's Hospital

Suggestions and/or comments are appreciated;
direct them to any one of our Laboratory staff.

651-232-3500

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HealthEast
Care System 