

## 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:

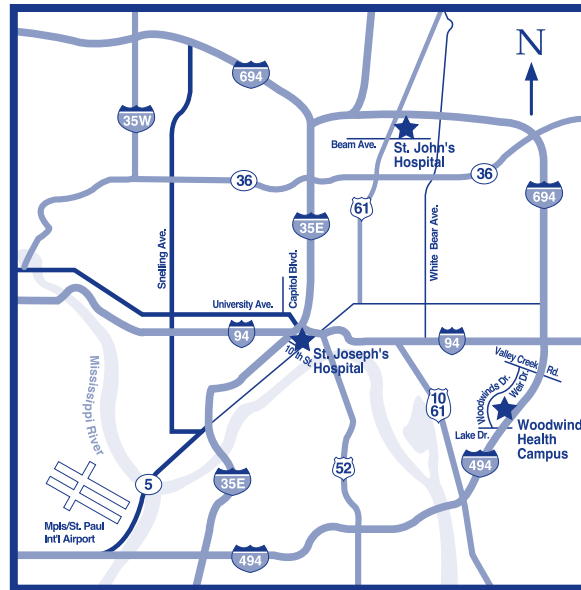
1 hour \_\_\_\_\_

2 hours \_\_\_\_\_

3 hours \_\_\_\_\_

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

HealthEast®  
MEDICAL  
LABORATORY



**Woodwinds Hospital**  
1925 Woodwinds Drive  
Woodbury, MN 55125  
651-232-0136

## OUTPATIENT INFORMATION ABOUT GESTATIONAL GLUCOSE TOLERANCE TESTING

HealthEast Medical Laboratories  
WOODWINDS HOSPITAL  
651-232-3500  
[www.healtheast.org/hmlonline](http://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 to 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 starts.
- Blood samples will be collected at timed intervals of 1, 2, and 3 hours after you drink the glucose. The 3rd hour will not be needed if a 2-hour test is ordered.
- Between blood draws, you should stay in the Laboratory waiting area.
- Physical activity should be minimized, as it will affect the test.
- No smoking is allowed during the test.
- During the test, you cannot consume anything except for a small amount 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 our hospital cafeteria located on the first floor.



**THANK YOU FOR COMING TO**  
Woodwinds Hospital.

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

651-232-3500