

# GLUCOSE CHALLENGE TEST



PHONE: 09 574  
7399

## PATIENT INSTRUCTIONS

1. This is a **non-fasting** test for gestational diabetes. You may eat and drink before the commencement of the test, but have nothing to eat or drink during the 1 hour of the test.
2. You will be given a bottle of Carbotest to drink. You must drink the whole bottle within a 5-10 minute period (50g glucose).
3. For one hour you should have only water to drink. Please do not smoke or chew gum. You may pass urine if needed.
4. Please inform the collection centre staff if at any stage you feel unwell.
5. You must remain in the collection centre for the duration of the test.

**For further information, please call (09) 574 7399**