

## INSTRUCTIONS FOR GLUCOSE TEST

You may have nothing to eat or drink EXCEPT FOR WATER for 2  $\frac{3}{4}$  hours prior to your appointment at our office. You SHOULD drink water before and/or after finishing the drink as it helps make the blood draw easier.

The drink may be left on the shelf until you are ready to drink it but it does taste better cold. Do not use ice or freeze the drink.

Drink the drink by itself – do not mix it with anything.

Drink the drink NO EARLIER THAN 45 minutes before your scheduled appointment. Please finish the drink within 5 to 10 minutes of starting it. When you arrive for your appointment, please let us know what time you finished the drink.

Your blood is drawn in our office approximately one hour from the time you finish the drink.