

**GLUCOSE AND INSULIN TOLERANCE TEST SUMMARIES (Note: Specific instructions from a physician override these protocols)**

<i>Test Description</i>	<i>Test Code</i>	<i>Special Instructions</i>	<i>Storage/Transport/Container Info.</i>
<b>Glucose Tolerance Test 2 hours, non OB</b> (see Procedure manual for more detail information)	<b>5425 (GTF2)</b>	This test is used in a work up for Diabetes Mellitus, Glucose Intolerance, Hypo or Hyper-insulinemia, Hypoglycemia, and Insulin Resistant states. <b>Patient should be fasting</b> 10-12 hrs before test.  <b>Draw the 0 minute sample</b> (if other tests were ordered, they may be drawn at this time). Patient drinks the <b>75g Glucola</b> in 5-10 minutes. Glucose sample is <b>drawn at 120 minutes after</b> the patient began drinking the <b>Glucola</b> .	<b>Gold Top Tube (SST)</b> Let clot for 20 minutes followed by centrifugation for 10 minutes.
<b>Glucose Tolerance Test 2 - 6 hours</b> (non OB with hours specified) (see Procedure manual for more detail information)	<b>525 (GTT1)</b>	This test is used in a work up for Diabetes Mellitus, Glucose Intolerance, Hypo or Hyper-insulinemia, Hypoglycemia, and Insulin Resistant states. <b>Patient should be fasting</b> 10-12 hrs before test.  <b>Draw the 0 minute sample</b> (if other tests were ordered, they may be drawn at this time). Patient drinks the <b>75g Glucola</b> in 5-10 minutes. Glucose samples are <b>drawn at the times specified by the physician after</b> the patient began drinking the <b>Glucola</b> .	<b>Gold Top Tube (SST)</b> Let clot for 20 minutes followed by centrifugation for 10 minutes.
<b>Glucose 3 Hours OB Tolerance Test</b> (Specific for OB Patients) (see Procedure manual for more detail information).	<b>5385 (GT3O)</b>	This is a specific diagnostic test for Gestational Diabetes Mellitus (GDM). This is the second of 2 steps in glucose tolerance screening for pregnant women. The 3-Hour GTT is ordered if the 1st screening test (1 Hour PP) was abnormal. <b>Patient should be fasting</b> for 10-12 hrs before test.  Draw the 0 minute sample (if other tests were ordered, they may be drawn at this time). Patient drinks the <b>100g Glucola</b> drink in 5-10 minutes. Glucose samples are <b>drawn at 60, 120, and 180 minutes after</b> the patient began drinking the <b>Glucola</b> .	<b>Gold Top Tube (SST)</b> Let clot for 20 minutes followed by centrifugation for 10 minutes.
<b>Glucose, 1 Hour PP (OB)</b> (see Procedure manual for more detail information)	<b>5031(GL1OB)</b>	This procedure is used to screen pregnant women for glucose intolerance. The <b>patient does not need to be fasting</b> prior to the test but the fasting state is acceptable. Once the Glucola is taken they should not eat or drink anything other than water until after the blood sample is drawn. Patient drinks the <b>50 gram Glucola</b> drink in 5-10 minutes. Glucose sample is drawn <b>60 minutes after</b> the patient began drinking the Glucola.	<b>Gold Top Tube (SST)</b> Let clot for 20 minutes followed by centrifugation for 10 minutes.
<b>Glucose, 2 Hour PP</b> (see Procedure manual for more detail information)	<b>531(GL2P)</b>	This test is used when a physician is suspicious of Diabetes Mellitus, Impaired Glucose Tolerance or for post-partum follow up to Gestational Diabetes (GDM). Patient should be fasting 10-12 hours before the test.  Patient drinks the <b>75 gram Glucola</b> drink in 5-10 minutes. Glucose sample is drawn <b>120 minutes after</b> the patient began drinking the <b>Glucola</b> .	<b>Gold Top Tube (SST)</b> Let clot for 20 minutes followed by centrifugation for 10 minutes.
<b>Glucose, 1 Hour Post Meal</b> (see Procedure manual for more detail information)	<b>5431 (GL1M)</b>	This test is used to evaluate glucose tolerance using the consumption of a meal as the glucose challenge. The patient <b>should be fasting a minimum of 4 hours</b> from the previous meal. <b>One hour prior</b> to collecting sample, <b>patient eats a carbohydrate rich meal</b> . <b>Draw Fasting sample only if ordered</b> (be sure to label the sample as "Fasting"). <b>Draw Glucose level at 60 minutes from the FINISH time of meal</b> (be sure to label the sample as "1 hour").	<b>Gold Top Tube (SST)</b> Let clot for 20 minutes followed by centrifugation for 10 minutes.
<b>Glucose, 2 Hour Post Meal</b> (see Procedure manual for more detail information)	<b>5318 (GL2M)</b>	This test is used to evaluate glucose tolerance using the consumption of a meal as the glucose challenge. The patient <b>should be fasting a minimum of 4 hours</b> from the previous meal. The <b>patient must consume a meal of complex carbohydrates</b> (within a 20 minute time span), <b>two hours before</b> a blood sample is drawn for a glucose level. <b>Draw Fasting sample only if ordered</b> (be sure to label the sample as "Fasting"). <b>Draw Glucose level at 120 minutes from the FINISH time of meal</b> (be sure to label the sample as "2 hours").	<b>Gold Top Tube (SST)</b> Let clot for 20 minutes followed by centrifugation for 10 minutes.

**INSULIN TOLERANCE TEST**

<i>Test Description</i>	<i>Test Code</i>	<i>Special Instructions</i>	<i>Storage/Transport/Container Info.</i>
<b>Insulin Tolerance Test 2 - 6 hours</b> (see Procedure manual for more detail information)	<b>5067 (INST1)</b>	This test is used for a thorough diagnostic work up for Diabetes Mellitus, Glucose Intolerance, Hypo or Hyper-insulinemia, Hypoglycemia, and Insulin Resistant states. <b>Patient should be fasting</b> 10-12 hrs before test. <b>If protocol was <i>not</i> specified (hours non-specific)</b> follow the instructions below:  <b>Draw the 0 minutes sample</b> (if other tests were ordered, they may be drawn at this time). Patient drinks the <b>75g Glucola</b> drink in 5-10 minutes. Glucose and insulin values are <b>drawn at 60, 120 and 180 minutes after</b> the patient began drinking the <b>Glucola</b> .	<b>Gold Top Tube (SST)</b> Let clot for 20 minutes followed by centrifugation for 10 minutes.