**3 HR POST GLUCOLA - TEST MUST BE SCHEDULED**

**Quest Diagnostics Instructions**

* Eat and drink as you usually do in the days leading up to taking this test.
* **Do not eat or drink for 8 hours before the test. No sips of water, gum, or mints.**
* Report to the laboratory.
* Your fasting blood will be drawn.
* You will then be given the solution of glucose to drink. Three additional blood draws will occur. Samples will be drawn 1, 2, and 3 hours after drinking the glucose.
* You may NOT EAT or DRINK until all samples are collected. No sips of water, gum, or mints.
* In office lab draw with Quest Diagnostics is scheduled at 8:45 AM and we are limited to only one draw per day. Please make sure that you have a scheduled appointment before arriving.
* If you choose to schedule at MidMichigan Medical Center please see below for separate instructions.

**MidMichigan Medical Center Instructions**

* Call the lab at least three days in advance to schedule an appointment:
  + Midland 989-839-3460 option 6
  + Gladwin 989-246-6263
  + Clare 989-802-8850
* **For three days prior to the test, eat your normal diet WITH one extra slice of bread at each of your three daily meals.**
* Do not eat for 10 or 12 hours before arriving to the lab. No sips of water, gum, or mints.

**Brach's Jelly Beans instead of Glucola**

* All above instructions apply. Quest and MidMichigan Medical Center have slightly different instructions. Please follow the instructions of the lab that will be doing the blood draw.
* Instead of drinking the glucose, you will need to eat 56 Brach's jelly beans within a 10 minute period after having your fasting blood drawn.
* The lab will not provide the jelly beans.