



Glucose Challenge Test

A Glucose Challenge Test is a non-fasting test which involves a glucose drink and a blood sample collected after 1 hour.

Further testing may be required following the Glucose Challenge Test. Your doctor may send you to have a full 2-hour oral Glucose Tolerance Test.

Instructions

1. This is **not** a fasting test, so have your usual breakfast or lunch.
2. Your doctor or Melbourne Pathology staff member will give you the glucose drink.
3. Finish the drink within a maximum of 5 minutes.
4. Do not have any other food or drink until after your blood test.
5. If your doctor tells you to consume the glucose drink before coming to the collection centre, please note the exact time that you began drinking it.

Your blood test must be taken 1 hour after the drink has been consumed so please be ready at the collection centre 45 minutes after you consume the drink and alert a staff member of your arrival.