



Patient Information

2 Hour Postprandial Glucose

1. Do not eat, drink, smoke, or exercise strenuously for at least 8-12 hours.
2. If you **have** a fasting glucose ordered also:
 - The fasting Glucose will be collected.
 - You will be instructed to go eat a standard meal. Once the meal is finished, start the two hour period and notify lab.
 - Remain fasting during the 2 hours following the meal: no food, gum, mints, smoking or drinks. Water is permitted.
 - Return to outpatient laboratory for blood draw.
3. If you **do not** have a fasting glucose ordered:
 - You will be instructed to eat a standard meal. Once the meal is finished, start the two hour time period and notify the lab.
 - Remain fasting during the 2 hours following the meal: no food, gum, mints, smoking, or drinks. Water is permitted.
 - Return to the outpatient laboratory for blood draw.

For additional information call (317) 736-3500