

# POLYCOSE TEST

## PATIENT INSTRUCTIONS

This test is performed in the laboratory only.

Please follow these instructions carefully to ensure your results are accurate

### Preparation:

Unless your doctor advises otherwise, continue to take any prescribed medication. You do not need to make an appointment for this test, and you are **not** required to fast. For this test you will need to remain in the collection site for the duration (1hr) of this test. You must not eat, smoke/vape, chew gum during the period of your test. You may sip on small amounts of water.

### • Collection Procedure

1. You will be given a drink of glucose that you will be asked to drink within 5 minutes
2. Please tell the phlebotomist if you feel unwell at any time during your test
3. A blood sample will be collected 1 hour after you have finished the glucose drink

This completes the test, and you may drink and eat normal

***Your results can only be obtained from the requesting doctor***

---

Please refer to our website for additional information  
[www.pathlab.co.nz](http://www.pathlab.co.nz)

or alternatively contact  
07 858 0795