

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

or alternatively contact
07 858 0795