

## GLUCOSE TOLERANCE TEST PATIENT INSTRUCTIONS

This test is to determine how much of a particular substance (e.g calcium, protein, sodium, hormones or other products) your body passes in the urine in an exact 24 hour period.

**IT IS VERY IMPORTANT TO COLLECT ALL THE URINE YOU PRODUCE IN AN EXACT 24 HOUR PERIOD**

**It is important to follow these instructions carefully to ensure your test results are accurate.**

### Preparation

- Obtain the correct bottle from a laboratory collection room.
- If more than one 24 hour collection is requested specific instructions will be given by staff.
- The bottle may contain an acid preservative.
- If acid accidentally spilt, immediately use plenty of water and soap to wash thoroughly.
- Keep the container upright and out of reach of children.
- **DO NOT PASS THE URINE STRAIGHT INTO THE BOTTLE.**

### Collection Procedure

1. To start the collection, empty your bladder completely, passing all the urine into the toilet, and flush away.
2. This is the **START TIME**. Write this time and the date in the space on the label.
3. From then on all the urine you pass during the day and night for 24 hours must be collected and put in the bottle.
4. If you spill any urine, or forget and pass it into the toilet, you must get a new bottle and start again.
5. If you empty your bowels, collect urine first so it is not lost or contaminated.
6. **Exactly 24 hours** from the start time, empty your bladder. This urine **must go into the bottle** (e.g if you started at 7.00am Tuesday you must finish 7.00am Wednesday).
7. Write the **FINISH TIME** and **DATE** on the bottle label. Make sure your **NAME** and **DATE OF BIRTH** is on the bottle.
8. Put the lab request form in the outside pocket of the plastic bag and the urine bottle inside the bag and seal the top. Place all this inside the Black Plastic bag and deliver to laboratory on the same day.
9. Ensure a copy of the request form is with each specimen.

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If you have any problems, please contact one of the following: