

## POLYCOSE TEST PATIENT INSTRUCTIONS

**This is a *laboratory only* test.**

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

- 1) No appointment is necessary.
- 2) You are **not** required to fast for this test.
- 3) We remind you to allow at least 1 hour prior to closing time of the Pathlab room.
- 4) You will be given a measured Polycose drink at the laboratory and asked to remain on the premises for a period of 1 hour after which you will have another blood test.
- 5) No smoking, and no food or fluid may be taken apart from water between having the drink and having the blood test.
- 6) If the interval between the Polycose drink and blood collection exceeds 1 hour 10 min, the test is invalid and must be **repeated on another day**.

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

Pathlab Waikato  
Ph: 07 858 0799

Pathlab Bay of Plenty  
Ph: 07 577 4511

Pathlab Whakatane  
Ph: 07 306 0906