

## **GLUCOSE – INSULIN TOLERANCE TEST (FOUR HOUR) COLLECTION & SHIPPING INSTRUCTIONS**

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### **CAREFULLY READ COLLECTION AND SHIPPING INSTRUCTIONS THOROUGHLY BEFORE STARTING.**

UPON RECEIPT – REMOVE LID FROM STYROFOAM CONTAINER AND PLACE INTO THE FREEZER – DO NOT REMOVE THE ICE PACK.

**PLEASE NOTE** When shipping the specimens back to the lab, send Monday through Thursday Only. **DO NOT SHIP ON FRIDAYS AS NEXT DAY DELIVERIES AS DELIVERIES ARE NOT ACCEPTED ON SATURDAY OR SUNDAY.**

OBSERVED HOLIDAYS ARE AS FOLLOWS: NEW YEARS DAY, MEMORIAL DAY, FOURTH OF JULY, LABOR DAY, THANKSGIVING DAY AND THE DAY AFTER, AND CHRISTMAS DAY.

**Do Not Send Sample(s) The Day Prior To Or The Day Of A Holiday.**

### **PATIENT INSTRUCTIONS**

1. Schedule procedure in the morning. Check with the blood drawing facility, it may be required to arrive early in order to have paperwork processed.
2. Draw patient Monday through Thursday only.
3. A driver may be necessary as some patients experience nausea, faintness, and/or weakness.
4. Food or drink may be brought to consume **after** the test is completed.
5. **AN 8-12 HOUR FAST IS REQUIRED BEFORE THE TEST IS PERFORMED.**
6. Take entire collection kit to the drawing facility, including the ice pack.
7. Complete the enclosed requisition form; include payment (if required).

### **COLLECTION INSTRUCTIONS**

***Before starting the test, it is recommended to perform a fingerstick Fasting Glucose level with a Glucometer – the fasting glucose level should be between 70 and 110mg/dL. An elevated fasting blood sugar is not a reason to stop the test, as it is not different than the patient eating a meal. Additional care may be indicated.***

1. Draw blood into provided Red Top tubes at the following intervals:
  - a. Fasting (before Glucola™)
  - b. Have the patient drink Glucola™ containing 100 mg/dL of Glucose. This should be totally consumed within five minutes.

*Alternatively, the patient may drink 5-6 oz. cans of Tree Top Apple Juice in place of the Glucola™.*
  - c. One-half hour after the patient finishes the Glucola™, draw a ½ hour specimen.

- d. One hour after the patient finished the Glucola™ draw a 1-hour specimen.
- e. The remaining specimens should be drawn at hours 2, 3, etc after the Glucola™ is finished, until desired number of hours is reached.
2. **Label samples** with the patients name and hour of collection: Fasting, ½, 1, 2, 3 hour, etc. ***This step is crucial.***
3. Allow specimens to clot for at least 30 minutes prior to centrifuging. Centrifuge for at least 10 minutes.
4. **Label the transfer tubes** with the patient's name, date, and hour of collection: Fasting, ½, 1, 2 hour, etc. This step is vital; please **handle one sample at a time.**
5. Gently place the serum filter in the Red top tube. Do not allow RBC's to enter into the filter. Pull up the filter ¼ of an inch above the remaining blood below the filter.
6. Pipette the serum and place into the transfer tube. Minimum of 2.0 mL of serum is required. Tighten the top of the transfer tube. Stretch the parafilm around the lid.
7. The lab must receive the samples **WITHIN 24 HOURS**. If that is not possible, freeze samples until ready to ship. Note on requisition "Specimens frozen".
8. Complete the enclosed requisition form; include payment (if required).

#### **SHIPPING INSTRUCTIONS**

1. Place the transfer tubes in the biohazard bag. Seal the bag.
2. Place the requisition in the outside pocket of the biohazard bag.
3. Place the biohazard bag next to the frozen ice pack in the styrofoam container.
4. Place the styrofoam container into the cardboard shipping box.
5. Place the cardboard shipping box into the UPS pack and seal securely.
6. Place return shipping label with barcode on outside UPS next day air pack.
7. Save return receipt with the tracking number for your records.
8. Send the specimen Monday through Thursday only.
9. Call UPS toll free at **1-800-742-5877** for a pickup or for nearest drop location. UPS will pick up only on weekdays.
10. When calling for UPS pickup, request "**ON CALL AIR**" only. **DO NOT request a one-time pickup.** Meridian Valley pays for "**ON CALL AIR**" only. UPS expects the patient to pay for a one-time pickup.

