

## Laboratory Services

### GLUCOSE CHALLENGE IN PREGNANCY

#### 1 HOUR SCREEN TEST FOLLOWING 50 GRAM GLUCOSE LOAD

Your health professional has requested this test as a routine screen for diabetes in pregnancy. You do not need to make an appointment for this test but it is preferable for the test to be started in the morning.

- You are not required to fast before your test.
- For your test you are required to remain at the Collection room for just over 1 hour. During this time you should not eat and will be required to rest.
- Smoking is not permitted during the test
- When you arrive you will be given a drink containing 50 grams of glucose. You will be asked to drink this within 3-5 minutes.
- Please tell the phlebotomist if you feel unwell at any time during your test
- A blood sample will be collected 1 hour after you finish the glucose drink.

Should you be at all unsure what to do, please phone the laboratory or your local collection room.

**Central Hawke's Bay Health Centre Laboratory**  
**Ph 06 858 7797 Ext 5553**  
**Weekdays 7.30am – 5pm**  
**(Collection hours 7.30am – 4:15pm)**

**Napier Health Centre Laboratory**  
**Ph 06 834 1815 Ext 4142**  
**Weekdays 8am – 5pm**

**Wairoa Health Laboratory**  
**Ph 06 838 9710 Ext 4859**  
**Weekdays 7.30am – 4.30pm**  
**(Collection hours 7.30am – 3pm)**

**Villa 6 Hastings Hospital**  
**Ph 06 878-1308 x 2648**  
**Weekdays 8am – 5pm**