

# **Te Whatu Ora**

**Health New Zealand**

Te Matau a Māui Hawke's Bay

## **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 8 Hastings Hospital***

***Ph 06 878-1308      Ext 2648***

***Weekdays 8am – 5pm***