

LABORATORY COLLECTION MANUAL	2 HOUR POST PRANDIAL BLOOD SUGAR
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I. PATIENT PREPARATION:

Patient should have been instructed by physician as to what diet to eat prior to having blood drawn. If the patient is unsure what they are to eat, it is best they consult their physician. If this is a test they have drawn frequently, it is likely that they are to follow their usual diet. Laboratory staff **should never** recommend certain foods because many patients need to be on a specific diet. A fasting blood sugar IS NOT automatically drawn in conjunction with this test, unless ordered SPECIFICALLY by the physician.

II. TIME TO BE DRAWN:

It is best for the 2 hour post prandial blood sugar to be drawn after breakfast simply because this would be the meal that would most likely have the most fasting time before the meal. However, this test can be drawn after any meal, as ordered by the physician.

III. DRAWING OF PATIENTS:

- Patients should be drawn exactly 2 hours after the completion of their meal.
- The 2 hour post prandial blood sugar is requested in Order Entry or the Laboratory System for a timed study at the appropriate time, or it is ordered with the comment: Draw 2 hours after breakfast (or lunch or dinner), floor will call after patient completes meal.

IV. TESTING:

Sample is run and reported as a blood glucose, but will be ordered in the laboratory computer as a 2 hour post prandial blood sugar to distinguish the test from a fasting or randomly drawn blood sugar.

V. AFTER INGESTION OF GLUCOSE BEVERAGE:

IF A PHYSICIAN ORDERS A 2-HOUR PP SUGAR TWO HOURS AFTER INGESTION OF GLUCOSE BEVERAGE, THIS IS AN ACCEPTABLE METHOD. This method is more typically used on outpatients. The patient should be fasting. It will be necessary to test the patient's urine to make sure there is no sugar in the urine. **If there is sugar in the urine, notify the physician before giving the patient the glucola. The notification must be documented in the patient report.** If the urine is negative, give the patient the **75-gm** glucola to drink, and at exactly 2 hours after the completion of the glucola, draw a blood sugar and order as a **2-hour PP sugar after glucola**. If the patient is under the age of 12, please follow the pediatric guidelines: Pediatric dosage: Dosage is based on weight of the child and is determined as follows:

- ✦ **.75 grams (1 oz of glucose beverage) per 1 kg of body weight. This is not to exceed 50 grams or five oz in children under 12.**

The patient will need to stay in the outpatient area for the 2 hours after ingestion of the glucola. Please document the urine results in the comments, and make sure the technologist has the results of the urine.

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APPROVED BY: Martin F. Belli, M.D. DATE: 6-2000, 8-2002, 6-2004, 2-2006, 3-2008
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See original policy in the Laboratory for all documented annual reviews.

References:

- Glucose Tolerance Beverage, Package Label, Baxter Healthcare Corporation, Revised February, 1994.
- Tietz Fundamentals of Clinical Chemistry, 5th Edition, W.B. Saunders Company, 2001, p.440.