



## PATIENT INSTRUCTIONS

# Glucose Challenge Gestational Diabetes Test (O'Sullivan's Test)

### REQUIREMENTS

- This is a non-fasting test for gestational diabetes. You may eat and drink before the commencement of the test.
- An appointment is not required; it can be performed at any time during the day.
- You will be required to stay at the centre for a little over an hour from the time you consume the glucose drink.
- Every attempt is made to attend to you as quickly as possible. But as collection centres are busiest first thing in the morning, you may find that if you arrive after 11am, your waiting time may be reduced.
- Before drinking the glucose please inform the collection staff if you have any allergies.

### PROCEDURE

- You should have nothing to eat or drink during the hour of the test.
- You will be given a bottle of glucose to drink. Prior to taking the glucose, please inform the collection staff if you have any allergies.
- Consume the whole bottle of glucose drink within a 5 minute period.
- For one hour, you should have only sips of water to drink.
- Please do not smoke or chew gum.
- You may pass urine if needed.
- Although this is not common, please inform the collection centre staff if at any stage you feel unwell.

#### **For more information:**

*If you have any questions or would like to know the location of your nearest Healthscope Collection Centre, please call 1300 453 688.*

*Visit*

*[www.healthscopepathology.com.au](http://www.healthscopepathology.com.au)  
for an easy search by postcode to find your nearest collection centre.*

If you have any questions or require further information, please contact our Customer Service Centre.

**1300 453 688**