

Glucose Drink Information

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Revision: 3.50

Use Gestational diabetes screen - [Patient instructions](#)
Glucose tolerance tests – [Patient instructions](#)

Provided **free of charge** at the Patient Service Centre (PSC) when one of the above tests is ordered

Allergy information Gluten free
Dairy free
Does **not** contain orange juice, only artificial orange flavor

Ingredients Orange flavoured glucose drink (All PSCs):
Purified water (non-carbonated)
D-Glucose (source corn)
Citric acid anhydrous
Sodium benzoate
Orange artificial flavor
Yellow dye #6



Unflavoured glucose drink (Calgary Area PSCs only)
Purified water (non-carbonated)
D-Glucose (source corn)
Potassium sorbate (0.2%)

North Zone, Edmonton Zone, Central Zone PSCs ONLY: if you require or want a glucose drink **without** the above ingredients, please follow the instructions below:

Several days before your laboratory appointment

- Get a prescription from your doctor for the glucose dose that you will need.
- Gestational diabetes screen: 50 g of glucose dissolved in 296 mL of water.
 - 2 hour glucose tolerance: 75 g of glucose dissolved in 296 mL of water.
 - Take the prescription to your pharmacy to be filled.
 - The pharmacy may need to order glucose before they can prepare your prescription.
 - **You** must pay all pharmacy fees
 - To determine in which zone your Patient Service Centre is located, please visit the following link <https://www.albertahealthservices.ca/zones/zones.aspx> or call the Provincial Appointment Booking Line at 1-877-702-4486

- Day before your appointment** Begin fasting if required.
- Gestational diabetes screen: The test can be done without fasting, although your doctor may ask you to fast for 4 hours before the test. Please do not eat immediately before your appointment.
 - Glucose tolerance test: minimum **8** hour fast.
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Day of your appointment If applicable, bring the glucose drink made by the pharmacist with you to the laboratory. The laboratory staff will provide patient instructions on when to ingest the drink.