

# Protocol Update

## Glucose Challenge

**Patient protocol is being changed to not require a 4 hour fast for the glucose challenge used on obstetric patients.**

Patient Preparation:

1. The patient will be given **50 grams of oral glucose load without regard to time of day or time of last meal**. This must be drunk within 5 minutes.
2. The patient can not eat, drink or smoke **during** the test.
3. The patient should be active and have had adequate food intake with at least adequate carbohydrates (at least 150 G carbohydrate daily) for three days prior to test.
4. Many drugs interfere including: steroids, oral contraceptives, diuretics, antihypertensive drugs including thiazides, furosemide, anticonvulsants, psychoactive drugs, antitubercular agents, and anti-inflammatory drugs including salicylates.
5. Patients should not be stressed.

**If you have questions, please contact Susan Bachinski, Clinic Laboratory Technical Consultant or Dr. K. Baer, M.D. (218)249-5751, Chemistry Medical Director.**