

## Glucose 2-hour Post Prandial

### What is the Glucose 2-Hour Post-Prandial Test?

The Glucose 2-Hour Post-Prandial test measures how your body processes sugar after eating. This test is often done to help check for diabetes or monitor blood sugar control. It shows how well your body manages blood sugar levels after a meal, providing important information about your health.

### Why is This Test Being Done?

After eating, blood sugar levels naturally rise as your body digests food. In healthy individuals, the body quickly brings these levels back down. This test measures how effectively your body can lower blood sugar levels after a meal. For people with diabetes or those at risk, this test helps the healthcare provider understand how well their body manages blood sugar and if further treatment or lifestyle adjustments are needed.

### Preparing for the Test

1. **Fasting:** Before the test, you will need to fast for **8 to 12 hours**. This means no food or drinks (except water and black coffee) during this period to ensure accurate fasting blood sugar levels.
2. **Arrive at the Lab:** On the day of the test, go to the lab. Your first blood sample will be taken as soon as you arrive to check your fasting glucose level.

### During the Test

1. **Drinking the Glucola:** After your initial blood draw, you will be asked to consume a glucose drink called Glucola.
2. **Waiting Period:** After drinking Glucola, you will wait for **2 hours**. During this time, do not eat or drink anything else except water or black coffee. This waiting period allows your body to process the sugar from the meal.
3. **Second Blood Draw:** After exactly 2 hours, your blood will be drawn again to measure your glucose level. This second test shows how much your blood sugar has changed in response to the meal.

### Important Reminders

- **Stick to Water or Black Coffee Only:** During the 2-hour waiting period, only drink water or black coffee —avoid any other food or drinks.
- **Timing is Key:** The 2-hour window is crucial, so be sure to return for your second blood draw at the right time.

*People you know. Healthcare you trust.*



If you have any questions, don't hesitate to ask your healthcare provider. Following these instructions helps ensure that your test results are accurate and useful in assessing your health.

*People you know. Healthcare you trust.*

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