

Patient Instructions
Pocono Medical Center Laboratory

Testing for 3 hour Glucose

1. Please call for an appointment at 570-476-3371. This test is done by APPOINTMENT ONLY and no Saturday appointments are available.
2. You must fast for 8 to 12 hours prior to testing.
3. A urine specimen will be collected on arrival and every hour there after.
4. Your fasting blood glucose will be a fingertip puncture and a fingertip puncture will be performed for each of the three hours after consumption of glucose tolerance drink.
5. You must remain in the waiting area for the three hours. If you need to leave for any reason you must inform the ATC staff before leaving. It is suggested that you bring reading material to pass the time. If you leave the area without informing the staff, the test will be canceled.