

Mini Glucose Blood Test



What to do before your mini glucose blood test:

- Please purchase two packets (you will need 17 tablets) of glucose tablets at any supermarket or pharmacy.



Lucozade energy, *original*



Dextro energy, *lemon*



Dextro energy, *classic*



Dextro energy, *orange and vitamin C*

- Start fasting 2 hours before your scheduled appointment.
- Please prepare the sugary drink and have it an hour before the appointment.

How to make the sugary drink:

- Put 17 glucose tablets in a cup
 - Cover with half a cup (100ml) of hot water
 - Dissolve fully
 - Top up with cold water (100ml)
 - Drink sugary drink + a cup of plain water (200ml) within 5-10 minutes.
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- The blood test sample must be taken 1 hour after you finish the drink. If the clinic is running behind, please inform the receptionist that you are due for a mini glucose blood test.
 - No other food or drink must be consumed prior to the blood sample being taken.

It is essential that these instructions are followed precisely otherwise the test cannot be performed as it will give the wrong result.