

POLYCOSE TEST PATIENT INSTRUCTIONS

This is a *laboratory only* test.

It is important to follow these instructions carefully to ensure your test results are accurate.

Preparation:

- Unless your doctor advises otherwise, continue to take any prescribed medication.
- You do not need to make an appointment for this test, and you are not required to fast
- For this test you will need to remain in the collection site for the duration (1hr) of this test
- You must not eat, smoke/vape, chew gum during the period of your test
- You may sip on small amounts of water

Collection Procedure:

1. You will be given a drink of glucose that you will be asked to drink with 5 minutes.
2. Please tell the phlebotomist if you feel unwell at any time during your test.
3. A blood sample will be collected 1 hour after you have finished the glucose drink.

This completes the test, and you may drink and eat normally.

Your results can only be obtained from the requesting doctor

If you have any problems, please contact one of the following:

Waikato
07 858 0799

Bay of Plenty
07 578 7073

Whakatane
07 306 0906

Rotorua
07 348 2106

Taupo
07 376 5103
07 376 1045

POLYCOSE WHAKAMAHI (Polycose Test)

He whakamatautau taiwhanga anake tenei.
He mea nui ki te whai i enei tohutohu ki te whakarite
he tika o hua whakamatautau.

Te Whakarite:

- Ki te kore he tohutohu a to taakuta, haere tonu ki te tango i nga rongoa kua tohua.
- Kaore koe e hiahia ki te whakarite wa mo tenei whakamatautau, a kaore koe e hiahia ki te nohopuku.
- Mo tenei whakamatautau me noho koe ki te waahi kohinga mo te roanga (1 haora) o tenei whakamatautau.
- Kua koe e kai, auahi/vape, ngaungau kapia i te wa o to whakamatautau.
- a taea e koe te inu i te wai iti.

Te Tikanga Kohinga:

1. Ka hoatu he inu huka ki a koe ka tonoa koe ki te inu mo te 5 meneti.
2. Tena koa korero atu ki te phlebotomist mena kei te ngoikore koe i nga wa katoa i to whakamatautau.
3. Ka kohia he taura toto 1 haora i muri i to inu i te huka.

Ka oti te whakamatautau, ka taea e koe te inu me te kai noa

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