

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.

- 1) No appointment is necessary.
- 2) You are **not** required to fast for this test.
- 3) We remind you to allow at least 1 hour prior to closing time of the Pathlab room.
- 4) You will be given a measured Polycose drink at the laboratory and asked to remain on the premises for a period of 1 hour after which you will have a blood test.
- 5) No smoking, and no food or fluid may be taken apart from water between having the drink and having the blood test.
- 6) If the interval between the Polycose drink and blood collection exceeds 1 hour 10 min, the test is invalid and must be **repeated on another day**.

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