

Patient Information Guide

Polydose Screen

The Polydose screen is performed to check for Gestational Diabetes.

Collection Procedure

1. You should remain on a normal diet for at least one week before the test is done. Fasting is not required.
2. You will be given a 300mL drink containing 50g of glucose. It is important that the entire volume of liquid is consumed within about 5 minutes.
3. One hour must elapse before a blood sample is drawn. During this time you must rest and should remain within the vicinity of the waiting room. Only water can be consumed during this hour. Exertion should be kept to a minimum.

Please tell a staff member if you feel unwell at any time during your test, e.g. drowsy, dizzy or nauseous.

If you require further information regarding your test procedure, please contact the Laboratory.

Health New Zealand Taranaki Laboratory

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