



2-HOUR INSULIN RESISTANCE TEST

**If your physician handed you a written order,
please bring it to the lab.**

BEFORE YOUR TEST:

1. We encourage you to eat healthy, protein-enriched meals for 3 days prior to taking this test.
2. Do NOT eat or drink anything except water after your evening meal the night before your test. The minimal fasting time is eight (8) hours.
3. You may take your usual medications unless your doctor tells you otherwise.
4. You may maintain your normal physical activity.
5. Do NOT smoke or drink any alcohol after your evening meal.
6. Do NOT chew gum or eat mints after your evening meal and on the day of your test.

DAY OF YOUR TEST:

1. PLEASE TELL THE STAFF IN THE LAB IF YOU HAVE BEEN ILL IN THE PAST THREE (3) DAYS. Example: fever, nausea, vomiting, etc.
2. You will be asked to drink a glucose solution (glucola) within 5 minutes.
3. You will have blood drawn at several intervals for a number of hours depending on the duration of your test. Do not eat or drink anything other than water during this time.
4. You will need to stay in the lab waiting area or in your vehicle in the parking lot during the entire period until a lab team member tells you that the test is complete.

Your physician will receive results of your testing. You may also view your results by logging into your MyOchsner account. If you do not receive your lab results within 10 days, please contact our office at (225) 201-2000.