

Collection and Packaging of Glucose Specimens



Kentucky Public Health
Prevent. Promote. Protect.

Supplies Needed for Collection and Packaging



Gray Stopper
Blood tube



Multishipper with
Cold Pack

Contents: Tube Shuttle,
95kPa Bag, Cold Packs,
Styrofoam Cooler and
Outer Cardboard Box.



Outreach or Lab Form 230

Collection and Labeling of Specimen

- 1) Using safe phlebotomy practices, draw patient blood specimen into gray-stoppered tube. Mix immediately by gently inverting tube several times.
- 2) Make sure two identifiers are on the specimen vial. L-label preferred
- 3) Fill out lab form completely.

Collecting 1hr post 50g glucose load: *

- Have patient drink 50g oral glucose load and collect sample one hour later.
- Patient does not need to be fasting for this test.
- If test is abnormal ($>140-179$ mg/dl), a 3hr GTT should be scheduled.
- Do not proceed with the 3hr GTT if the 1hr post 50g is >180 mg/dl - refer to physician.
- Use collection guidelines above.

Collecting 3hr glucose tolerance test : *

- Obtain a fingerstick sample along with a fasting venous sample before patient drinks 100g glucose solution.
- If fasting fingerstick level is >126 mg/dl do not administer oral glucose without consulting the patients provider.
- If fasting fingerstick glucose level is below 126mg/dl venous blood samples are then collected at 1hr, 2hr, and 3hr intervals.
- Use collection guidelines above.

***For complete patient guidelines see the Core Clinical Service Guide.**

Packaging of Specimen

- 1) Place blood tube(s) into tube shuttle.
- 2) Roll up tube shuttle/specimens and place in 95kPa bag.
- 3) Place sample bag on top of frozen freezer blocks and replace styrofoam lid.
- 4) Put into outer box and place laboratory label LAB-305 on the top of the box.
When shipping via commercial carrier, address attention to Clinical Chemistry.

Ship samples for overnight delivery to the State Laboratory.