

Glutamate Challenge Test

ORDER INSTRUCTIONS

Please read and familiarize yourself with both this document and the compliance form to ensure the integrity and accuracy of the test results.

1. MAKE AN APPOINTMENT

- ❖ [Make an appointment](#) to an affiliated lab nearby you (locatable through the test order website)
- ❖ When searching for a lab, choose “routine blood work” as the service.
- ❖ When searching for an appointment, choose “Labwork (routine clinical)” as the reason and put “yes” when it asks if you will be fasting.
- ❖ Choose “paying out of pocket” for the payment type; everything is fully paid for when you buy the profiles.
- ❖ You will only be able to make one appointment on the LabCorp site but the second test can be done as walk-in after talking to the staff prior to taking the first test.
- ❖ **If the site is not able to accommodate both tests, with the second test 1 hour after the first test, the appointment must be rescheduled as the results from the first test will be unusable without the second.**

2. FAST BEFORE THE TEST

- ❖ Before the test, do not eat or drink anything other than water for at least 8 hours, but not more than 12 hours.
- ❖ It is recommended that you eat dinner after 9 pm the previous night and schedule your appointment in the morning (~7-9 am).

3. PRINT AND READ COMPLIANCE FORM

- ❖ Familiarize yourself with the compliance form to ensure that nothing goes wrong during the test.
- ❖ **Bring the compliance form with you to the test site to check off the steps and fill out details of the test as you go.**

4. DURING THE TEST

- ❖ **DO NOT URINATE** between test one and test two. It is recommended to go to the bathroom **PRIOR** to the first test.
- ❖ Chugging the drink is not recommended as it may cause queasiness.

5. COMPLETE THE BLOOD TESTS AT THE CLINIC SITE

1. Check in for the appointment and inform the lab that you will be doing two tests.
2. Complete the first blood test (fasting).
 - Tell the lab that it is a fasting test. This is the first blood test.
3. Mix the provided mixture with 8 oz of water, stirring until it fully dissolves.
4. Drink the dissolved mixture.
5. Time one hour from when you finish the protein powder and complete the second blood test when the hour has been completed.
 - Check in 20-30 mins ahead of the one-hour mark so that you will be able to do the actual blood test when the one hour is up.
 - Let the lab staff know that this second test is not fasting. The test should be labeled post-prandial.

6. COMPLETE THE COMPLIANCE FORM

- ❖ Fill out the compliance form and e-mail it to jocelyn.ang@newbiotic.com