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Glucose Tolerance Testing

Glucose tolerance testing (or 1 hour test) is screening for gestational diabetes (diabetes in pregnancy). This testing is done between 24 and 28 weeks of pregnancy. Some women who are high risk will have this testing done in the first trimester of pregnancy.

You will be given a 10 ounces beverage containing 50 grams of glucose. You will need to have your blood drawn one hour later. Do not fast for this test. However, avoid food with high sugar content before drinking the glucose drink. Do not eat, drink , or chew gum after drinking the beverage.

INSTRUCTIONS TO FOLLOW:

1. Please drink entire bottle, without added ice, within 5 minutes. Drink may be refrigerated.
2. Please complete drink forty-five minutes prior to your scheduled appointment time.
3. Arrive to office 15 minutes before your appointment time. For example: if your appointment time is at 10 AM, drink your glucola at 9:15 AM and arrive at the office at 9:45 AM.
4. Please notify receptionist when you arrive that you need your blood drawn.

You will be notified with results. If the results are elevated, a 3 hour glucose tolerance test will need to be completed.

For your convenience, please record the time you finished drinking the glucola

Drank @ _____

Draw @ _____