

Patient Instructions for 1 Hour Gestational Glucose Tolerance Screen

Things to know before the test

- SCREENING for gestational diabetes is usually done between 24 and 28 weeks of pregnancy. If you have risk factors for gestational diabetes, you may be tested earlier.
- FOR accurate results, it is very important that you follow these instructions exactly.
- FASTING is NOT required for this test.

On the day of the 1 hour Gestational Glucose Tolerance Screen

- OBTAIN 1 bottle of 50 gram oral glucose tolerance beverage from the Clinic Lab staff.
- DRINK the entire bottle (10 ounces) of 50 gram glucose beverage within 5 minutes. Lab Staff will note the time you finish drinking the glucose solution.
- DO NOT eat or drink anything except plain water after finishing the beverage. (No mints, cough drops or chewing gum. No smoking is allowed.)
- DURING the next hour, you must remain in the Office. Please notify the office staff if you feel ill or need assistance.
- AT THE END of 1 hour, we will ask you to return to the lab to have your blood sample drawn.
- AFTER the test is complete, you may eat and drink as normal. You may wish to bring a protein snack with you to eat after your blood has been drawn.
- IF you have an abnormal gestational glucose tolerance screen, you may be required to follow up with a 3 hour glucose tolerance test on another day.

Questions?

- Please talk with your healthcare provider or call us at 912-871-6206