



INSTRUCTION SHEET GLUCOSE TOLERANCE TESTING

This test is routinely done during the 28th week of pregnancy. It is a screen used to detect gestational diabetes. A test for anemia will also be done at this time. Please read these instructions carefully!

- Eat normally the day before the test.
- Do not eat or drink anything after midnight the night before. This includes candy and gum. You may have a sip of water.
- The lab is open at 8:00 am Monday through Friday.
- You will **NOT** be allowed to have this test done if you arrive in the office after 10:30 am.
- The lab technician will give you a small amount of glucose (sugar water) to drink.
- Exactly one hour later you will have your blood drawn.
- You will be required to remain in the office during this hour in case you experience nausea or lightheadedness or need to lie down.
- We recommend you bring a light snack such as fruit, vegetables, crackers, and bottled water for you to have after your blood is drawn. You will want to have something to eat before operating your vehicle.
- Have a healthy meal at your next meal period.

If your glucose levels are elevated, the office will contact you to arrange for further testing. This may include a 3 hour glucose tolerance test. This does NOT mean you have diabetes. If your tests report as normal, the physician or nurse practitioner will discuss them with you at your next regularly scheduled visit.