

## ONE HOUR BLOOD GLUCOSE TESTING

This is a screening test for gestational diabetes. Gestational diabetes affects 3% of all pregnant women.

This test is completed around 28 weeks. Some patients with increased risk factors for Gestational Diabetes may be tested earlier in pregnancy. On that day, you will schedule two separate appointments – a lab visit to have your blood drawn and a prenatal visit with a provider. When you arrive at the lab, you will be given a sweet liquid called “glucola” to drink. Glucola tastes much like a very sweet soda. Your blood will be drawn one hour after you drink the glucola in our office.

### Remember

It will be necessary to make two separate appointments for this visit.

- 1 appointment for your bloodwork (hour long visit)
- 1 appointment with your provider

Bloodwork appointments can only be scheduled between 9:00 am – 3:00 pm, even if your provider appointment is earlier than 9:00 am or later than 3:00 pm.

This is NOT a fasting test. Plan to eat a normal meal on the day of the test and follow the guidelines listed below. If your test is in the morning, you may eat a normal breakfast prior to the test. If your test is scheduled for the afternoon, you should also eat a normal lunch. It is important not to fast. You may drink as much water at any time before the test.

- Avoid a high sugar food or drink one hour prior to the test
- Do not chew gum or eat mints between drinking the glucola and having your blood drawn
- Please bring a high protein snack with you to eat after the test is complete

Failure to follow these instructions may result in us rescheduling your blood glucose testing.