

THREE HOUR GLUCOSE TOLERANCE TEST

This is a test for gestational diabetes. Gestational Diabetes is a condition that only surfaces during pregnancy. Gestational Diabetes affects 3% of pregnant women.

Like diabetes in a non-pregnant state, it results in abnormal levels of blood glucose (blood sugar). It is usually easily controlled by diet. Despite the ease with which it may be controlled, failure to do so may result in a poor outcome for the baby. Therefore, it is extremely important that you schedule this test in a timely fashion.

INSTRUCTIONS

- This test can be scheduled in Annapolis, Gambrills or Pasadena
- This is a fasting test, meaning nothing to eat or drink (besides water) after midnight the night prior
- On the morning of the test, your blood will be drawn fasting. You will then drink a sweet liquid called glucola. Your blood will be drawn 1 hour, 2 hours and 3 hours after you drink the glucola.
- Do not eat or drink anything after finishing the beverage (no mints, cough drops or chewing gum)
- During the next 3 hours, we ask that you remain in the clinic. Please bring something to occupy your time (book, laptop, headphones).
- After the test is complete, you may eat and drink as normal. We recommend bringing a high protein snack for after the test is complete

Please allow 3-5 business days for us to receive your final results. We will contact you if these results are abnormal.

If you have any questions, please contact our office at 410-573-9530