



Instructions for One Hour Glucose Tolerance Test

The glucose tolerance test is usually done between 24 – 28 weeks gestation. If you have risk factors for gestational diabetes, the test may be done earlier in pregnancy.

The glucose tolerance test is done to evaluate your body's ability to process sugars during pregnancy. Please eat normally during the day of your test. You will be given the glucose solution to drink when you arrive for your appointment. Drink the entire beverage within five minutes. Do not eat anything after drinking the glucose solution. You may drink water only. You are encouraged to bring a light snack to your appointment to eat after your blood sugar has been drawn. Your blood will be drawn exactly one hour after finishing the Glucola beverage. We will call you within a few days with the results of the test.

If the test is abnormal, you will be asked to return to the office for a three hour glucose tolerance test. You need to arrive for this test in a fasting state, not eating anything for eight hours before the scheduled test. Your blood will be drawn when you arrive, and at hourly intervals for three hours after drinking the glucose solution.