



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 Reception 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 Clinic. You may relax in the waiting area if you do not have an appointment with your provider during this time. Please notify the clinic 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 CALL Cedar Rapids OB Gyn Specialists 319-363-2682
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