



## *Patient Instructions for 1 Hour Gestational Glucose Tolerance Screen*

### *Things to Remember*

- Screening for gestational diabetes is usually done around 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.
  - Fasting is NOT required for this test.

### *On the day of the 1-hour gestational*

- OBTAIN 1 bottle of 50-gram oral glucose tolerance beverage from the check-in clinic staff/front desk upon arrival.
- Drink the entire bottle (10 oz) of 50-gram glucose beverage within 5 minutes. The front desk staff will note the time you finish drinking the glucose drink.
- DO NOT eat or drink anything 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 staff if you feel ill or need assistance.

- *At the end of 1 hour, we will ask you to check in at the front desk for the lab to assist you with your blood draw.*
  - *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 fasting glucose tolerance test on another day.*
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Questions?

- *PLEASE CALL Cedar Rapids OB/GYN Specialists at 319-363-2682 or ask our clinic staff.*