



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 26 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.
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On the Day of the 1 Hour Gestational Glucose Tolerance Screen

- **OBTAIN** 1 bottle of 50 gram oral glucose tolerance beverage from the Clinic Lab 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.
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Questions?

- **PLEASE CALL** Madison Women's Health at 608-729-6300
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