



Glucose Testing Instructions

One-hour Tolerance Test

- The test should be done at 27-28 weeks pregnant, unless otherwise directed by your physician.
- You can report to the lab at any time of the day. Refer to the maps to find lab hours, as hours of operation differ from lab to lab.
- Normally you should be avoiding sugars during pregnancy. Eat normally prior to the test. You do NOT need to fast.
- The glucola will be given to you by the lab technician.
- You will be required to wait at the lab for one hour after drinking the glucola. After one hour, your blood will be drawn.
- If the test is normal, it will be reported to you at your next office visit. If it is abnormal, we will notify you.

Three-hour Tolerance Test

- An appointment is necessary for this test. Please call the lab to schedule.
- No food may be consumed after 12 Midnight on the evening prior to the test.
- Continue to fast prior to arriving at the lab. You may drink water.
- The lab technician will give you glucola to drink, and your blood will be drawn every hour for three hours.
- You may have small sips of water during the test. We advise that you bring a protein snack or lunch to eat as soon as the test is completed.