



1-Hour Glucose Tolerance Test

This test is routinely done at the 28th week of pregnancy. You will drink a 50-gram bottle of glucose solution (usually orange flavored). You will need to drink all of the solution within five minutes and note the time that you finish the drink. **Do not eat or drink anything else until the test has been completed.**

You **DO NOT** need to fast before this test. Please eat normally with the exception of concentrated sweets (such as high sugar cereals, jelly, or juice).

Your blood needs to be drawn one hour after you complete the drink, so please arrive at the lab 30 minutes after you finish the drink to allow for wait times. Please do not arrive at the lab during their lunch hour, or you will have to redo the test another day. Plan to finish the glucose solution no later than 4pm as the lab closes at 5pm and the test cannot be performed.

Helpful Tip: Some patients report that putting the glucose drink on ice and drinking it with a straw improves the taste.

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