



# 3-Hour Glucose Tolerance Test

This test is done to determine if you have gestational diabetes. You will have your blood drawn four times: Once (fasting) when you arrive at the lab, and then 1 hour, 2 hours, and 3 hours after drinking the glucola.

***In order for the results of this test to be accurate, you MUST comply with the following:***

- 1) ***For at least three days before your test*** maintain your normal activities and eat a normal diet. This diet should include at least three meals and a bedtime snack on each of the three days.
- 2) ***On the night before your test*** take nothing by mouth (except water) after 8:00pm.
- 3) ***On the day of the test DO NOT EAT OR DRINK ANYTHING (EXCEPT WATER)*** before arriving at the lab. Do not smoke, chew gum (even sugarless), or use breath mints. After your 3-hour test is completely finished you may resume your normal diet.

**Quest Lab:** Please be sure to arrive at the lab **no later than 8:30am on weekdays or 7:30am on Saturdays** to ensure that you will have enough time to complete the test within the prescribed time frame.

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

[www.FMMCOnline.com](http://www.FMMCOnline.com)

