



Glucose Tolerance Test Instructions

Between 24-28 weeks of pregnancy you will receive a glucose tolerance test or "sugar test" which detects gestational diabetes. Gestational diabetes can be very dangerous however, if diagnosed; it can be controlled through diet and monitoring. It is very important that you follow these directions to insure that your test results are valid and to prevent further unnecessary testing.

- 1) Sugar tests are scheduled at either office at 8:30am. Starting at midnight the night before, please refrain from eating. Feel free to drink as much water as you like.
- 2) Arrive on time for your sugar test. You will be given a 50mg sugar drink and allowed 5 minutes to drink the entire drink. Once you have finished your drink you will be given a timer and your house wait will begin. Please be prepared to remain in the office while you wait as some patients experience nausea after completing the drink.
- 3) As your timer expires, please forward to the lab to have your blood drawn.
- 4) Sugar test labs are processed after two business days and abnormal results will be reported to you. If you fail the sugar test, you will be advised to return to the office for a 3 hour sugar test. The 3 hour sugar test will definitively determine whether you have gestational diabetes.
- 5) For the 3 hour test repeat steps 1 and 2.
- 6) Arrive on time for your sugar test. At this appointment, you will have your blood drawn first prior to receiving your drink. You will then be given a 100mg sugar drink and be allowed 5 minutes to drink the entire drink. Once you have finished your drink, you will be given a timer and your first hour wait will begin. Please be prepared to remain in the office while you wait as some patients experience nausea after completing the drink.
- 7) As your timer expires, please forward to the lab to have your blood drawn. After your second tube of blood is drawn you will be given a timer and your next hour wait will begin. Once again, forward to the lab to have your blood drawn after the timer expires. Once again, forward to the lab to have your blood and you will be given the timer for the last hour. Once the timer expires, return to the lab for your final blood draw.
- 8) Sugar tests labs are processed after two business days and abnormal results will be forwarded to you. If you fail the 3 hour you will also be scheduled for an appointment with the Diabetic Counseling Center. They will work in conjunction with our practice to insure that your health as well as your baby's are monitored for the remainder of your pregnancy.