

INSTRUCTIONS FOR THE ONE HOUR GLUCOSE CHALLENGE TEST

The purpose of this test is to screen for gestational diabetes (diabetes of pregnancy). If your result from this test is abnormal, you will need to do a longer (3 hour) test to see if you have diabetes.

You have been given a bottle of the test drink. It tastes better cold, but otherwise does not need to be refrigerated. You need to **drink the whole bottle** the day of your next appointment. It should take only a minute or two to drink; don't sip it slowly over a long period of time. Your stomach does not need to be empty when you drink it, but starting the test right after a meal increases the chance that it will be abnormal. An hour or so after eating is fine.

Your blood must be drawn **exactly one hour** after you take the drink. Therefore, it's best if you drink it about 30 minutes before your appointment. Once you're finished seeing the doctor, it should be about time to draw your blood. If you don't arrive at the office before the hour is up, you'll have to do the test again.

Please tell the staff when you arrive what time your hour is up. If you're sitting in the waiting room and it's almost time to have your blood drawn, tell someone right away.

If you have any questions, please call the office.