

# Glucose Tolerance Test

## Diabetes/Gestational Diabetes Screening

The test for Diabetes is safe and simple. Samples of your blood are taken after you drink a sugar solution and the glucose level is measured.

The screening test is called the 1 Hour Post Glucose Test. If you have a high level of glucose, you will receive a diagnostic test called 3 Hour Glucose Tolerance Test. This test will diagnose diabetes if you have it.

### **Instructions for 1 Hour Post Glucose Test:**

Refrigerate the Glucose until you are ready to drink it on the day you are having the test, drink all the Glucose within 5-10 minutes. You will need to have your blood drawn 1 hour after you have finished drinking the Glucose. Do not eat or drink anything during that 1 hour.

### **Instructions for 3 Hour Glucose Tolerance Test:**

Nothing to eat or drink after midnight.

Be at the office by 8:30a.m. for your test. You will be given a drink after you get here.

Plan to be here at the office 3-4 hours.