

How to Take a Pregnancy Glucose Tolerance Test

All pregnant women should take a diabetes screening test between the 24th and 28th week of pregnancy. This test determines how well a woman processes sugar. Poor processing can indicate the presence of gestational diabetes, a condition in which complications can be reduced by treatment.

Glucose test and blood count will be rechecked at this time. The glucose test takes 1 hour. You eat normally the day of the test. When you arrive for your visit, you will be given a glucose “cocktail” to drink. Once you have finished the drink, you may not eat, chew gum or drink anything for 1 hour. You will then get a “timed” blood test. We advise you have a visit between the start and finish of this test for the best time management.

Instructions

When you arrive, you will be given a sugar solution to drink. Your blood will be drawn one hour from the time that you took your first drink. Complete consumption of drink should be within 3 minutes from start to finish.

You should have nothing to eat or drink during this time. You may resume when testing is complete.

Please plan to remain on campus one hour to complete the test. If weekdays are not convenient, please schedule a Saturday appointment.

Remember to schedule lab appointment for this glucose test at checkout.

ARRIVE 10 MINUTES EARLY ON THE DAY OF YOUR LAB APPOINTMENT & GO DIRECTLY TO THE LAB TO BEGIN GLUCOSE TESTING.

14TH FLOOR LAB: Monday – Friday 8am – 4pm

Saturday – All lab services are on the 18th floor, 830am – 11am