

ADAMS PATTERSON GYNECOLOGY & OBSTETRICS

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REFERENCE LABORATORY

PATIENT INSTRUCTIONS FOR FULL GLUCOSE TOLERANCE TEST

FULL GLUCOSE TOLERANCE TEST- This is the definitive test that will evaluate for gestational diabetes. You will be at the lab for at least 3 hours. You should sit quietly for the duration of the test because excessive movement may cause blood sugar to elevate.

1. Call the laboratory location where you plan to go and schedule an appointment.
2. Follow 2000 calorie diabetic diet for 3 days prior to test.
3. **Do not eat or drink anything (except water) after 9:00 P.M. the night prior to testing.** You must be fasting to begin this test!
4. Remember to take your laboratory request form with you!
5. Upon admission to the lab, a fasting blood sugar will be checked. You will then be given a measured amount of glucose to drink. This drink should be consumed within a 5-minute time span. From the time you began drinking the glucose, your blood sugar will be checked at 1 hour, 2 hours and 3-hour intervals.
6. Call our office within one week if one of our nurses has not already contacted you for these results.