

ADAMS PATTERSON GYNECOLOGY & OBSTETRICS

A DIVISION OF WOMEN'S CARE CENTER OF MEMPHIS

PATIENT INSTRUCTIONS

FULL GLUCOSE TOLERANCE TEST

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

1. Follow 2000 calorie diabetic diet for 3 days prior to this test.
2. Schedule a lab only, morning appointment.
3. **Do not eat or drink anything (except water) after 9:00 P.M. the night prior to test.** You must be fasting to begin this test!
4. 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 glucose must 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 hour and 3 hour intervals. Do not eat or drink anything for the duration of this testing.
5. When our office receives these results one of our nurses will call and let you know if the values were normal or if you have gestational diabetes.
6. If you are diagnosed with gestational diabetes we will send you for additional nutritional counseling and instruction for how to check your blood sugars at home so you may maintain a healthy pregnancy status.