

## INSTRUCTIONS

### 1-HOUR GLUCOSE TEST FOR DIABETES SCREENING IN PREGNANCY

1. You do not need to alter your diet.
2. Drink the entire contents of the bottle within five minutes.
3. Note the time you start to drink the contents of the bottle and you will be instructed on what time you need to return to the lab.
4. Exactly one hour after you start the contents of the bottle, we will draw your blood.
5. Be sure not to eat, drink, smoke or exercise between the time you drink the glucose and the time we draw your blood.
6. We will call you with the results if they are abnormal.