

INSTRUCTIONS FOR FASTING 3-HOUR GLUCOSE TOLERANCE TEST

This glucose test is done to evaluate how your body is processing sugar and is the diagnostic test to determine if you have developed gestational diabetes mellitus. The test requires a total of 4 blood draws. The first blood test is done fasting, which means nothing to eat or drink for at least 8-10 hours prior to the first blood draw. You will then be given a sweetened beverage to drink that has a measured amount of sugar in it. Blood samples will be collected at timed intervals of 1, 2, and 3 hours after you drink this beverage.

1. You should eat your normal diet for the three days prior to the day of testing
2. Do not eat, drink, smoke, or exercise for at least 8-10 hours before your first blood sample is taken.
3. This test may take up to 4 hours to complete. Activity can interfere with results so you will be asked to stay within the clinic for the duration of the test.
4. Consider bringing something to read or a project to work on while waiting.
5. You may drink plain water once the fasting glucose is taken, and during the testing process so feel free to bring in your own cup or water bottle. Do not eat any food or snacks during the test.
6. Some people may feel nauseated, light-headed, or sweaty during the testing process. If you do not feel well, please let us know immediately.
7. Once the final blood test is drawn you may resume normal eating and drinking. We expect you will be very hungry at this point and suggest bringing a light snack along (crackers, cheese, granola bar) so that you have something to eat before leaving the clinic and driving a car.
8. We will call you with the results if they are abnormal.