



Glucose Tolerance Test

Directions:

1. A clinical assistant and/or your provider will review the glucose tolerance test process and give you a glucose drink during your prenatal appointment.
2. An admin team member will schedule a lab appointment for you to have your blood sugar (blood glucose) level checked when you check out from your prenatal visit.
3. Drink this glucose drink at _____ AM/PM, prior to your lab appointment.
4. You must drink the entire drink within **5 minutes** and your blood must be drawn exactly **1 hour** from the time you finished the drink.
5. Do not eat or drink anything after you have finished drinking the glucose drink, until after you have had your blood drawn.
6. When you come back in for your lab appointment, tell the receptionist when your blood must be drawn based on when you drank the glucose drink (time indicated above).