



Gestational Glucose Tolerance Testing Instructions

It is recommended to avoid high carbohydrate foods such as bread, cereal, rice, pasta, etc. and avoid eating 2 hours prior to consuming the glucola beverage.

1. Consume the provided glucola beverage 1 hour prior to your lab appointment time.
2. Drink the entire 50 gram beverage within 5 minutes start to finish to ensure an accurate test result.
3. Do not eat or drink anything during the next hour including gum or cigarettes until your blood has been drawn. Small sips of water are allowed. Avoid activity.
4. Arrive 15 minutes prior to your scheduled appointment time. Check in with the reception desk. Be sure to communicate the time you finished the beverage.

If you should get nauseated or lightheaded, please report that to the lab staff.

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