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THE ONE HOUR GLUCOSE TOLERANCE TEST

During pregnancy women sometimes develop Gestational Diabetes (which means diabetes during pregnancy). The diabetes usually goes away after the baby is born. Gestational Diabetes can lead to complications of your pregnancy if your blood sugar is not controlled. This is why we routinely screen for diabetes during your pregnancy at approximately 28 weeks.

The procedure is fairly simple and is done as follows:

1. On your visit prior to your 26-28 weeks you will be given a bottle of carbonated glucose beverage. Take it home and keep it refrigerated. Please ignore the directions on the bottle, they are for a different type of glucose screening.
2. Eat a light breakfast or lunch prior to your appointment. Do not eat anything sweet or have a sweet drink.
3. 45 minutes before your next appointment drink the entire bottle. You have **5 minutes** to consume the entire bottle.
4. You may not eat or drink anything after you drink the entire bottle. This includes gum, mints, etc.
5. When you arrive at the office, it is **YOUR** responsibility to inform the receptionist what time you finished the glucose. At approximately the 1 hour mark, you will have your blood drawn to check your sugar level. **If the blood draw is not performed at the proper time, you will have to repeat the test at another time!!**
6. If you have any questions, please call Pam before you drink the glucose to avoid confusion.



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"...the joy of the Lord is your strength." — Nehemiah 8:10 