



2000 Medical Parkway, Suite 304
Annapolis, MD 21401

ONE HOUR BLOOD GLUCOSE TESTING

A special test has been ordered to evaluate how your body is metabolizing glucose during your pregnancy. This is sometimes called “blood sugar” testing. This is a screening test for gestational diabetes. Gestational diabetes affects, at most, 3% of all pregnant women. While family history and previous medical history may play a part, the single most common factor in women who have the disease is being older than age 25. However, it is usually very easy to control and prevent the potential serious effects for the baby.

It is important not to delay this test past 28 weeks. On that day, you will schedule two separate appointments – a lab visit to have your blood drawn, and a prenatal visit with a provider. Your lab visit will take 1 full hour. When you arrive at the lab, you will be given a sweet liquid called “glucola” to drink. Glucola tastes much like a very sweet soda, usually orange flavored. Your blood will be tested one hour after you drink the glucola in our office.

Remember

It will be necessary to make two separate appointments for this visit.

- 1 appointment for your bloodwork (hour long visit)
- 1 appointment with your provider

Bloodwork appointments can only be scheduled between 9:00 am– 3:00pm, even if your provider appointment is earlier than 9:00am or later than 3:00pm.

This is NOT a fasting test. Plan to eat normal meals on the day of the test, and follow the guidelines listed below. If your test is in the morning, you may eat a normal breakfast prior to the test. If your test is scheduled for the afternoon, you should also eat a normal lunch. It is important not to fast. You may drink as much water at any time before the test.

- Avoid a high sugar food or drink one hour prior to the test
- Do not drink glucola directly after eating
- Do not drink caffeine up to 4 hours before
- Do not chew gum or eat mints between eating and taking the test
- Do not smoke between eating and the test
- Please bring a protein snack with you to eat after the test is completed

Failure to follow these instructions will result in us rescheduling your blood glucose testing.

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Phone 410-573-9530 Fax 410-573-9568