



Annapolis OB-GYN
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THREE HOUR GLUCOSE TOLERANCE TEST

The three hour glucose tolerance test is a test for gestational diabetes. Gestational diabetes is a condition that only surfaces during pregnancy. Like diabetes in a non-pregnant state, it results in abnormal levels of blood glucose (blood sugar). It is usually easily controlled by diet. Despite the ease with which it may be controlled, failure to do so may result in a very poor outcome for the baby. Therefore, it is extremely important that you schedule this test in a timely fashion. You will need to allow about half a day for the test to be completed.

We will schedule an appointment for you in our Annapolis office for the test. The night before the test, do not eat, drink (with the exception of small sips of water), smoke, or chew anything after midnight.

On the morning of the test, the lab will draw your blood for a fasting blood sugar; then you will be given a sweet liquid to drink called glucola. Your blood will be drawn 1 hour, 2 hours, and 3 hours after you drink the glucola. When the last blood is drawn, you are finished in the lab. You should be sure to plan on eating after you have finished the test.

It may take up to 5-7 working days for us to receive your final results. We will contact you if these results are abnormal. Remember, that for all the women who take this test, no more than 3% actually end up with the diagnosis of gestational diabetes.

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