

**3 HOUR GLUCOSE TOLERANCE SCREEN FOR PREGNANT PATIENTS**

MATERIALS:

* 100g glucose beverage provided by the laboratory.

For pregnant patients, fasting is required. This means no food or drink, except water to keep you hydrated.

At the laboratory draw station:

A fasting sample will be drawn before the 100 gram glucose drink is given.

You will be given a 100 gram glucose drink. You will need to drink this beverage within 5 minutes or less. Note the time as soon as you finish the drink.

We need to draw your blood in **one hour increments for a period of three hours**. We recommend that you plan to stay at the laboratory draw station for the three hour duration until your blood has been collected.

Do not eat or drink, other than water, until after your 3 hour blood sample has been drawn. If you become ill and are not able to keep the drink in your stomach, inform the laboratory personnel.

**St Mary’s Laboratory 970-298-2071**