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### **1 Hour Glucose Tolerance Test**

OB patients are screened for their risk of developing gestational diabetes between 26-28 weeks. This is a form of diabetes that sometimes occurs in pregnancy and usually resolves after pregnancy. To assure meaningful results, proper preparations for this test is essential. Please read all instructions carefully. If you have questions, please call our laboratory at (360) 527-4580.

1. You do not need to alter your diet. If requested by the physician, we may need to collect a fasting specimen prior to providing you the 50 gram glucola.
2. Drink the entire contents of the bottle within 5 minutes.
3. Note the time you finish the contents of the bottle and advise the phlebotomist when you check in.
4. Exactly one hour after you finish the drink, we will draw your blood, so please arrive to the lab 15 minutes early to ensure this is done on time.
5. Be sure not to eat, drink, smoke, or exercise between the time you drink the glucola and the time we draw your blood.

Note: If at any time you vomit after consuming the drink, the test is no longer accurate. We will contact your provider and you may have to repeat the process another day.