

3-Hour Glucose Tolerance Testing

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. This test requires a total of 4 blood draws and may take up to 4 hours to complete. Activity can interfere with the results so you will need to remain in the lab for the duration of the test.
2. The first blood draw is done fasting (after you have had nothing to eat or drink for at least 10-12 hours prior –except water).
3. After the first blood draw, you will be given a 100 gram glucola drink.
4. Drink the entire contents of the bottle within 5 minutes.
5. Blood samples will be taken at exactly 1, 2, and 3 hours after you have completed the drink.
6. Be sure not to eat, drink, smoke, or exercise for the entire duration of the test.

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.