

The 1 hour glucose tolerance (or glucose test) is a screening test to determine if you might have gestational diabetes, a form of diabetes that only shows up in pregnancy. We test everyone, as you may have no symptoms and still have gestational diabetes.

You do not need to fast for the test. It can be scheduled for most times of the day. It is best, however, if you do not have foods or drinks high in carbohydrates or sugar for 2-3 hours prior to the test.

You will be required to be at the place where the test is being done (usually our office or the hospital) for approximately 1 1/2 hour. No leaving. Bring something to do. PLEASE ARRIVE ON TIME. If you are late, the test may need to be rescheduled.

Upon arrival, you will be given a flavored beverage (10oz) to drink within 5 minutes. Blood will be drawn 1 hour after finishing the drink. NO EATING OR DRINKING during the test. You may immediately after blood is drawn.

If your blood sugar level is elevated, IT DOES NOT MEAN THAT YOU HAVE GESTATIONAL DIABETES. This is a screening test to determine who needs to take the "real" (diagnostic) test, a fasting 3 hour Glucose Tolerance Test. We will call you 1-2 days after your test to let you know if you need to schedule the 3 hour test.