

Instructions for taking a Glucola Test

This test is being done to screen for gestational diabetes which can occur in anyone during pregnancy, regardless of family history.

Please follow these instructions:

- You must be fasting when you come in for your appointment. This means that you cannot eat or drink anything but water after midnight prior to your appointment. This includes avoiding chewing gum, mints, throat lozenges, or candy.
- The nurse will prick your finger to get blood to test your fasting sugar level prior to initiating the test. If your blood sugar is normal, she will give you some glucola (sweet liquid) to drink. The nurse will write down the time that you finish drinking the glucola. In one hour, blood will be drawn from your arm to determine your response to the test. It will take approximately 2 days to get the results of this test. If your test is abnormal, we will notify you with instructions to further test for diabetes.
- You cannot eat or drink anything other than water while you are waiting for the one-hour specimen to be drawn. Commonly, you will see one of the providers while you are waiting for this to be done. Please notify us if you leave the waiting area or the office during this time. The blood specimen must be promptly collected at the correct time or the results will not be accurate.