



INSTRUCTIONS FOR THE ONE HOUR GLUCOLA TEST

Some women develop diabetes during pregnancy, this is called gestational diabetes. Diabetes is a condition in which the body has problems making or using insulin properly. When this occurs, blood sugar levels can remain elevated, posing a risk to both mom and baby. Therefore, it is critical that you be screened for diabetes and treated if necessary. Some conditions may require screening more than once and sometimes with different tests.

Directions:

1. Take the glucola bottle home or to work with you. Keep it refrigerated.
2. You will drink 5 ounces (1/2 the bottle – upto the #5 marker) approximately 45 minutes before your appointment time. Please arrive early to your appointment as we must draw your blood exactly one hour after finishing the glucola.
3. Drink the 5 ounces in about 5 minutes.
4. You may eat normally throughout the day, but once you have drank the glucola do not eat anything. Small sips of water are permitted. Please do not chew gum, smoke, or brush your teeth prior to your blood draw. If you are doing this test in the morning, be sure you have eaten breakfast.
5. Please look to see what time you finished the glucola and notify us of that time when you sign in.