



### **Instructions For Your One-Hour Glucose Test**

The glucose tolerance test measures your body's response to sugar (glucose). This standard test is used to diagnose gestational diabetes — a type of diabetes that develops during pregnancy.

- ✓ Do not alter your diet; consume your usual diet prior to the testing. Restricting your intake may also alter the test results.
- ✓ Please do not eat anything 2 hours prior to your test as this may falsely elevate your results.
- ✓ You may sip on water prior to and after you have had your Glucose drink.

At your 28-week visit, you will also view a short video on Cord Blood Collection.

The glucose challenge test, also called the one-hour glucose tolerance screen, measures your body's response to sugar (glucose). The glucose challenge test is done to screen for gestational diabetes — diabetes that develops during pregnancy. Gestational diabetes is a specific type of diabetes that can develop in some women late in pregnancy (usually after the 24th week). Women who develop this complication do not have diabetes before becoming pregnant.

We recommend that all pregnant women be screened. Identifying and treating gestational diabetes can reduce the risk of pregnancy complications.

The oral glucose tolerance test involves quickly drinking (5 mins.) a sweetened liquid (called Glucola), which contains 50g of glucose. The body absorbs this glucose rapidly, causing blood glucose levels to rise within 30 to 60 minutes. A blood sample will be taken from your arm 1 hour after drinking the solution. The blood test measures how the glucose solution was metabolized (processed by the body).

Pregnant patients will be screened during second trimester — between 24 and 28 weeks of pregnancy.