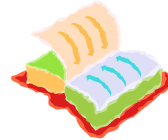


About Your Glucose Tolerance Test When You Are Pregnant



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This test is done to help find out if you have diabetes while you are pregnant (gestational diabetes). **Plan on spending most of the morning having this test done. It takes about 3 hours.** You will have some waiting time between the times your blood is drawn, so bring along something you like to do, such as handwork, reading or music to listen to.



The night before your test:



Do not eat or drink anything but water after dinner (about 12 hours before your test).

The morning of your test:

During this test:



- **Do not eat or drink anything but water.**
- **Do not chew gum.**
- **Do not smoke.**



- Come about 10 minutes before your appointment time so you can have your papers filled out. When you come back with your papers you do not have to stand in line again. Just go to the front desk in the lab.
- Your first blood sample will be taken.
- You will be given a small bottle of sweet tasting glucose (sugar) liquid to drink.
- If you have nausea (feel sick to your stomach) or vomit, tell the lab technician.
- During the test you should stay close to the lab so your other blood samples can be taken on time. **This is very important. If the blood samples are not taken right on time (5 minutes before or after the time is OK), the test will have to be done again on another day.**



When it is time go up to the desk and let the lab technician know that your blood sample needs to be taken.

- Your second blood sample will be taken 1 hour after you drink the glucose liquid.
- After another hour, your third blood sample will be taken.
- After one more hour, your fourth and last blood sample will be taken.



After this, the test will be over and you can eat or drink as usual.