

About Your 1 Hour Glucose Tolerance Test




IH-III-73
W.D. 12/04
Pg. 1 of 1

This test is done to help find out if you have diabetes while you are pregnant (gestational diabetes). **This test takes about 1 hour.**

During this test:



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

- 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 blood sample can be taken on time after 1 hour. **This is very important. If the blood sample is 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 blood sample will be taken 1 hour after you drink the glucose liquid.

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

