

1 Hour Glucose Tolerance Test Instructions

You will have 2 appointments at your next visit in 4 weeks: one with the lab, and one with the physician.

- You **DO NOT** have to be fasting
- Go directly to the lab **AFTER** you check in at the front desk
- You will be given the glucose beverage to drink when you arrive in the lab

During your test:

- You must drink the entire 10oz bottle of glucose within 5 minutes
- You **MUST NOT** leave the building, eat/drink anything, chew gum, or smoke during the test
- If you become sick, i.e. if you vomit or faint, the test is invalid and must be stopped. You will have to repeat the test on another day
- Exactly 1 hour after finishing the drink, you will have your blood drawn in the lab

**** Please bring a high protein snack (peanut butter crackers/sandwich) to eat after your test ****

Lab Appointment Date/Time: _____

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