



## **Personalized Women's Healthcare**

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### **GLUCOSE SCREENING TEST IN PREGNANCY**

Abnormal glucose tolerance is not uncommon during pregnancy and this can have important effects on the results of your pregnancy. We recommend screening of all pregnant women to assess their ability to metabolize glucose in a normal way.

In order to do this testing we need for you to follow these instructions:

1. Drink full bottle, 45 minutes before arriving at the office to have your blood drawn
2. You must drink the glucola within 5 minutes to insure accurate results
3. When arriving at the office, inform the receptionist of the time you finished the glucola
4. We will draw blood 1 hour after drinking the glucola
5. You may eat before this test, but not after you have finished drinking the glucola

**AVOID MEALS OR DRINKS WITH A HIGH SUGAR CONTENT ON THE DAY OF THE TEST.**