

**OB GYN SPECIALISTS OF LIMA, INC.**  
***KINDNESS, COMPASSION, EXCELLENT CARE***

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## **ONE HOUR GLUCOSE TEST**

You will have your **One Hour Glucose Test** at your next appointment.

**45 minutes before** your appointment, you will need to drink the **10oz. bottle of Welch's Grape Juice** that you received with this instruction sheet.

It is important to remember that after you drink your juice you cannot have **anything** to eat or drink other than water until the test is done (not even gum or mints).

You should try to drink all the juice in a very short amount of time (5-10 minutes). The test needs to be done 1 hour after you drink the juice. Please **tell us when your hour is up**, so that you have your test at the correct time.

Also, you may eat normally the day of the test, but you should not eat a lot of sugar (for example: candy, doughnuts, syrup, etc.).

If you have any questions about the test please feel free to call the office.

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