

## GLUCOSE TESTING DIRECTIONS

STANDARD OB SCREEN: This test is done as a normal part of the OB testing procedures. You will be given a bottle of a glucose solution at your regular visit to take home with you. You will need to drink this before your next OB appointment. The liquid may taste better cold, but it does not have to be refrigerated. You may eat and drink normally the morning before your OB visit but eat only a LIGHT meal (toast, a small bowl of non-sugary cereal, etc), but once you finish the glucose solution, don't eat or drink anything other than water until after your blood is drawn by the Medical Assistant. Make sure you drink the entire bottle and have it finished 30 minutes before your scheduled visit time. Drink the entire bottle as quickly as you can. When you check in at the counter, make sure you tell the Receptionist exactly what time you finished the solution. Results of the tests will be discussed at your next regular OB visit.

TWO HOUR TEST: This test is done when the results of the Standard OB Screen are not normal. The Nurse Practitioner or the physician will call you and notify you that you need to have this test, and then arrange it with the scheduling people at whichever hospital your insurance requires you to go to. The test will be performed early in the morning, before you have anything to eat or drink (except water). Your blood will be drawn, then you will be given the glucose solution to drink. Your blood will be drawn one hour after you finish the solution, then again two hours after you finish the solution. You will be unable to eat or drink anything until after the last blood draw. Results of this test will be discussed at your next regular visit.

TWO HOUR NON-OB GLUCOSE TEST: This test is done on non-pregnant patients to test for glucose tolerance. It should be done in the morning and you should have had nothing to eat or drink since the night before (except water). You will be given a bottle of the glucose solution and a lab slip to take to the laboratory. Once you drink the liquid, don't eat or drink anything until after they draw your blood, which will be two hours after you finish the solution. The results of this test will be sent to you with your other lab results on the lab postcard.