

INSTRUCTIONS FOR ONE-HOUR BLOOD SUGAR SCREEN

Drink entire bottle of Glucose Solution one hour before appointment time. **Please drink the Glucose Solution within 5 minutes.** Arrive 15 minutes before your scheduled appointment time and please tell the receptionist what time you drank the Glucose Solution so that we can get you into a room on time to draw your blood (one hour after you finished drinking the glucose).

You do not need to fast prior to drinking your Glucose Solution; however, a two hour fast before the test may give you a better chance of passing this screening test, thereby avoiding the more extensive three-hour glucose tolerance test.

Note: The Glucose Solution is easier to drink when cold and it is okay to drink it over ice.

REMINDER

*** Please drink Glucose Solution within 5 minutes. ***