



1 Hour Glucose Tolerance Test

At your 12 and/or 28-week obstetrical visit you will be having a 1 hour glucose tolerance test. This test screens for gestational diabetes.

Gestational diabetes is an imbalance that occurs in some women due to the impact of pregnancy on their metabolism. These women develop a temporary state of mild to moderate diabetes that usually disappears after delivery. If left undiagnosed, and untreated, gestational diabetes can create complications in late pregnancy, delivery, and in the newborn.

Please drink plenty of water the day prior and the day of your glucose test. This will make it easier for us to successfully draw your blood. On the day of your test you will be given a sweet glucose drink, you will be asked to drink it within 1 minute, after 1 hour your blood will be drawn and sent to the hospital for testing.

We should have the results of your test within one to two days. If your results are within the normal range we will notify you at your next visit. If your results are elevated we will contact you to discuss.