

OB-GYN Associates, P.A.

Gestational Diabetes Testing Instructions

-----1) GESTATIONAL DIABETES SCREEN

This test takes about 1 ½ hours. You will be given a high glucose beverage to drink. Once you have started this test, you can not leave the lab facility. One hour after you have finished drinking this, the lab staff will draw a blood sample. It is not necessary to fast for this test, however we recommend you do not eat or drink food that are high in sugars or carbohydrates for 2 to 3 hours prior to this test. Eggs and breakfast meats are good proteins to eat. Do not eat or drink anything between the time you complete the drink and the time the blood is drawn. This includes water, gum, mints, or smoking.

-----2) GLUCOSE TOLERANCE TEST- 3 HOUR:

This test requires an appointment and will take approximately 4 hours. Do NOT eat or drink anything after midnight the night before your appointment. This includes water, gum, mints, or smoking. A blood sample will be taken when you arrive. You will then be asked to drink a high glucose beverage. After you have finished drinking this, a blood sample will be drawn every hour, for 3 hours. We recommend that you take a protein snack, such as cheese or peanut butter and crackers, with you to eat when the test is completed. Please plan on staying at the lab facility for the entire duration of the test because the timing of the specimens is vital to the accuracy of the results.

Lab Corp locations—

Quest Lab locations-