

Gestational Diabetes

ONE HOUR TESTING

CORNERSTONE
Ob-Gyn

What is the 1-hour glucose tolerance test?

This is a screening test used to find out if you have Gestational Diabetes. This test is usually completed between 24 and 28 weeks of pregnancy.

Can I eat and drink before my test?

Yes. Fasting is NOT required. Eat a meal **low in carbohydrates** before this test.

How do I complete this test?

On the day of the test:

- 1.) Drink the beverage containing glucose (a sugary drink) that we gave you at the clinic. **Drink the whole bottle of glucose in 5 minutes or less.**
- 2.) Your blood must be drawn exactly 1 hour from the time you started drinking the glucose drink. **Do not eat or drink anything for the 1 hour between drinking the glucose drink and getting your blood drawn.**
- 3.) Go to one of the CPL locations. Your blood will need to be drawn exactly 1 hour after finishing your drink. **Please note the time you finish it for the most accurate results.**

Low Carb Breakfast Example:

Foods to eat for breakfast would be eggs, cheese, bacon/sausage. **Avoid: breads, cereals and fruit juices.**

Low Carb Lunch Example:

Foods for lunch would be lettuce/salad with any kind of meat. Green beans, broccoli and any leafy vegetables. **Avoid: fried foods, no bread, soft drinks with sugar or sweet tea.**