

SAINT LOUIS
ASSOCIATES IN



BOARD CERTIFIED IN OBSTETRICS AND GYNECOLOGY

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DIRECTIONS FOR 1 HOUR GLUCOSE SCREENING IN PREGNANCY (50 GRAM BOTTLE)

Do Not Eat or Drink anything for 2 hours prior to drinking the Glucose drink provided.

You may refrigerate the Glucola in order to drink it cold. **DO NOT ADD ICE!!!**

After you fast for 2 hours, drink the Glucola 1 hour before your scheduled OB visit. Take no longer than 10 minutes to drink it. Note the time you completed the drink.

You may have nothing to eat or drink until after your blood is drawn, including gum or candy.

You must have your blood drawn exactly 1 hour after you drink the Glucola. Please be at the office 15 -20 minutes prior to needing your blood drawn.

When you arrive, **ALERT** the receptionist regarding what time your blood draw is due. This is a **Time Sensitive test.**

We recommend you bring a snack to eat after your blood is drawn. You will have a regular OB visit after the test. Please make sure you schedule this visit.

Example:	Scheduled Appointment Time:	12:00pm
	Start Fasting:	9:00 am
	Drink Glucola	11:00am
	Finish Drinking:	11:10am
	Arrive at Office:	11:45 am (alert receptionist of finish time)
	Lab draw at	12:00pm

If you have any questions, please don't hesitate to call the office 314-993-6401.