



BOARD CERTIFIED IN OBSTETRICS AND GYNECOLOGY
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Directions for 1 Hour Blood Glucose Screening in Pregnancy (GTT)
(50 Gram Bottle)

**DO NOT EAT OR DRINK ANYTHING
2 HOURS PRIOR TO DRINKING
THE GLUCOSE DRINK PROVIDED**

**YOU MAY REFRIGERATE THE ORANGE 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 completely finished the drink. You may have **NOTHING** to eat or drink until after your blood is drawn, including gum and candy. This is a timed test; you must have your blood drawn exactly 1 hour after you drink the glucola. Be at the office 15 minutes **PRIOR** to needing your blood drawn. Alert the receptionist that you are here for the “Blood Glucose Test” and let her know what time you finished drinking. Bring a snack to eat after your blood is drawn is recommended. You will have a regular OB visit after the test. Please make sure to schedule your visit, and let us know if we can clarify **ANY** confusion regarding this important test!

Thank you!