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INSTRUCTIONS FOR THE THREE-HOUR PRENATAL GLUCOSE TOLERANCE TEST

This glucose tolerance test your physician has recommended is a screening test for glucose metabolism done between the 24th and 28th week of pregnancy. On the day you schedule to have the test done, you should have nothing to eat or drink (**except water**) to at least 8 hours and not more than 14 hours before the test.

You should arrive at the laboratory (suite 230) in the am (testing begins as early as 8:00AM Monday - Friday only). It is vital that you check in at the front desk first and inform them that you are currently performing the 3-hour glucose tolerance test.

When you arrive at the laboratory a **fasting blood sample** will be drawn. Then you will be given a glucose test beverage containing 100 grams glucose. You will be instructed to drink the whole bottle within 5 minutes and return to the lab in exactly 1 hour from when you completed the glucose beverage to get your blood drawn. It is vital that you return exactly 1-hour later (**1-hour blood sample**).

You will return to the lab exactly 1-hour later for a **2-hour blood sample**.

You will return to the lab exactly 1-hour later for a **3-hour blood sample** for a total of 4 blood draws. After the 3-hour blood draw, you may eat and drink as usual. You may wish to bring a snack with you.

In between draws you are advised to not take a long walk or exercise. You may drink water but no other food or drink.

Be aware if you do not follow this protocol exactly your results may not be accurate and you may have to start all over on another day!