



# Maitri Health Care for Women

## Obstetrics, Gynecology and Midwifery

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### Instructions for One-Hour Glucose Screening

At 28 weeks of pregnancy we will perform a screening test for Gestational Diabetes. This is done by having you drink a Glucola drink and performing a blood draw. Below are the instructions for this test.

### Glucola

- Keep Glucola refrigerated. It tastes better when cold.
- Do not fast overnight prior to this test. Eat the foods you would normally eat and follow the instructions below with regards to timing.
- **One hour** before your appointment time, drink the entire 10 oz. bottle of Glucola. Drink the entire Glucola drink within **FIVE** minutes. **IF you take longer than 5 minutes to drink this, you will need to repeat the test.**
- Do not eat or drink anything (except for small sips of water) after your intake of Glucola.
- Arrive 10 minutes early for your appointment. **It's important to time the drink to finish at exactly 1 hour before your visit time.**
- When you check in at the front desk, let the receptionist know what time you finished the Glucola.
- This test is performed by a venipuncture blood draw one hour after finishing the Glucola. We will obtain 2 tubes of blood – one to test your glucose level and the second to test your iron level.
- Bring a snack with you to munch on **after** we have obtained the results of the screening test.
- If your result is less than 135, you passed! If your result is 135 or greater you will then do the diagnostic test, which is performed at UVM Medical Center, and is a three hour test.

**Example:** If your appointment is at 10am you will start drinking your Glucola at 9:00am. You will finish your Glucola at (or before) 9:05 am. You will check into Maitri at 9:50am. You will tell the receptionist the time you finished the entire drink and your blood will be drawn at 10:05 am.