

## Instructions For 2 hour Glucose Tolerance Test

Testing is performed at our office.  
Please make sure you have an appointment scheduled.

### Getting Ready

- ❖ At your next appointment we will be doing a test to determine if you have diabetes. You had gestational diabetes during pregnancy, which puts you at higher risk of diabetes after pregnancy.
- ❖ There is no special preparation needed for the test.
- ❖ Eat your normal meals/snacks in the days leading up to the test. “Dieting” before the test may cause false results.

### The Night Before Your Test

- ❖ **After midnight the night before your scheduled test, do not eat or drink anything besides water.**
- ❖ Do not smoke, chew gum, eat cough drops or candy, or take iron or vitamin pills.

### The Test

- ❖ When you arrive at the office a blood sample will be taken (fasting) and then you will be asked to drink a cold sweet drink.
- ❖ Another blood sample will be taken two hours after you finish the drink.
- ❖ During the test you are not allowed to eat or drink anything except water.
- ❖ Bring something to do as you will have to remain at the office throughout the entire 2 hours.

### After The Test

- ❖ You may bring a snack to eat after the test is completed.
- ❖ We typically receive the results back from the test within 3-5 business days and will notify you of the results.