



# Gestational Diabetes Screening Test

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The 1-hour glucose test is designed to screen for gestational diabetes. This screening test is usually performed between 24-28 weeks of gestation. Gestational diabetes results in higher-than-normal blood sugar levels and can lead to pregnancy complications if not diagnosed and treated. For this reason, we recommend that **all** women undergo a one-hour glucose tolerance test. **\*\*\*Please follow these instructions carefully.\*\*\***

You may eat or drink a normal breakfast or lunch prior to the test, **but please avoid anything that contains excessive sugar or carbohydrates**. For example, do not eat candy bars, drink soda or fruit juice, or eat any sugary cereal. Consuming excessive sugar or carbohydrates before your test may alter your test results. **Please refrain from eating at least 2-hours prior to the test.**

Once you receive the order for the glucose test from your provider, please schedule an appointment at your lab as soon as possible. The lab will provide you with their standard glucose drink. If you do not wish to use your lab's glucose drink you can consider the following 50-gram glucose options (**only**):

- [Simply Pure Glucose Drink](#) (Individual bottles available for purchase at Full Circle)
- [Glucoganics Glucose Beverage](#)
- [The Fresh Test](#)
- [True Plus Glucose Tablets](#)

Do not open the drink before being instructed to do so by a lab employee.

Please let your provider know if you plan to use an alternative option so that we may document it on your order form.

Drink the entire bottle of the glucose drink and **note the time you complete the drink**. You must consume the entire sample within a 5-minute period. Afterwards, you may not have anything to eat or drink, including water, until your blood is drawn.

Please be advised that if you do not pass the 1-hour glucose tolerance test, you will be required to do a 3-hour fasting glucose tolerance test at the lab. If you elect not to proceed with the 3-hour fasting glucose tolerance test, you will be diagnosed as a gestational diabetic and treated accordingly.

Contact Full Circle Women's Care via your patient portal or by calling the office at 904-674-0022 with any further questions.