

GESTATIONAL GLUCOSE TOLERANCE TEST

FOR THE ONE-HOUR TEST

- **Fasting is not required**
- You'll drink a glucose solution containing 50 grams of sugar (provided by lab)
- A single blood specimen is obtained 1 hour later

FOR THE THREE-HOUR TEST

- **Fasting is required**—nothing to eat or drink for the previous 8 hours—water is ok
- A fasting blood sugar will be obtained at the lab.
- You'll drink a glucose solution containing 100 grams of sugar. (provided by lab)
- Your blood glucose levels will be obtained again at one, two and three hours after you drink the solution.
- You are not able to have anything to eat during the test—you may have water. We encourage you to bring a high protein snack to eat once the last sample is taken.
- You may need to remain at the lab/in the building during the testing to ensure the blood samples are obtained at the appropriate times