



## **Instructions for One Hour Glucose Tolerance Test**

The glucose tolerance test is usually done between 24-28 weeks gestation. If you have high risk factors for gestational diabetes, the test may be done earlier in your pregnancy.

The glucose tolerance test is done to evaluate your body's ability to process sugars during pregnancy. Please eat normally during the day of your test. You will be given a glucose solution to drink when you arrive for your appointment. Drink the entire beverage within five minutes. Do not eat or drink anything after drinking the glucose solution. You are encouraged to bring a light snack to your appointment to eat after your blood sugar has been drawn. Your blood will be drawn exactly one hour after finishing the glucose solution. We will call you within a few days with the results of the test.

If the test is abnormal, you will be asked to return to the office for a three-hour glucose tolerance test. You will need to arrive for this test in a fasting state, not eating anything for eight hours before the scheduled test. Your blood will be drawn when you arrive and at hourly intervals for three hours after drinking the glucose solution.

Please see the information below for scheduling your appointment.

**OB/GYN Appointment / Nurse Line: [\(763\) 587-7916](tel:7635877916)**

**Office Hours: Monday – Friday, 7:30 am – 5pm**

**Tuesday: Plymouth Office has extended hours until 8pm**

**Thursdays: Crystal Office has extended hours until 8pm**

**Crystal Office  
5109 36<sup>th</sup> Ave. N.  
Crystal, MN 55422**

**Maple Grove Office  
9825 Hospital Drive Suite 300  
Maple Grove, MN 55369**

**Plymouth Office  
Center for Women's Health  
15655 37<sup>th</sup> Ave. N. Suite 180  
Plymouth, MN 55446**

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