

## **One Hour Glucose Tolerance Test**

In preparation for the glucose test, you will be given a small bottle, 50 grams, of glucola to drink prior to coming to your next appointment.

You do not need to fast for the glucose test. You may eat a normal breakfast, lunch, or dinner at the usual time. Glucola may be refrigerated or poured over ice before drinking.

Drink the glucola 30 minutes before your appointment, and note the time when you have finished drinking the glucola. Please finish the bottle within five minutes. You need to drink the entire bottle.

After drinking the glucola, do not eat or drink anything except water until your blood has been drawn. Your blood will be drawn one hour after you finish the glucola.

Upon arrival, please inform the receptionist that you are having a timed glucose tolerance and state the time you finished the glucola.