



ONE HOUR GLUCOSE TOLERANCE TEST (GTT)

This is a screening for pregnancy related diabetes also known as gestational diabetes. It is done between 24-28 weeks gestation.

Gestational diabetes is a condition characterized by high blood glucose (sugar) levels that are discovered during pregnancy. About 3-5% of all pregnant women in the United States are diagnosed with gestational diabetes.

Please read and follow the instructions carefully to insure accurate testing:

1. Refrigerate the bottle of glucose, it is more palatable.
2. **DO NOT** eat or drink anything 2 hours prior to testing.
3. 30 minutes before your next appointment drink $\frac{1}{2}$ the bottle (5 ounces) within 5 minutes.
4. **DO NOT** eat or drink anything (including water) until after your blood has been drawn.
5. When you arrive for your appointment, please inform the receptionist of the time you finished your glucose, so we know when to draw your blood.

If you have any questions please call the office 303-799-7903.