

INSTRUCTIONS FOR ONE-HOUR BLOOD SUGAR SCREEN

Drink the entire bottle of glucose solution one hour before appointment time. **Please drink the glucose solution within five minutes.** Arrive 15 minutes before your scheduled appointment time and please tell the receptionist what time you drank the glucose solution so that we can get you into a room on time to draw your blood (one hour after you finished drinking the glucose). You do not need to fast prior to drinking your glucose solution; however, a two hour fast before the test may give you a better chance of passing this screening test, thereby avoiding the more extensive three-hour glucose tolerance test.

Note: The glucose solution is easier to drink when cold and it is okay to drink it over ice.