

INSTRUCTIONS FOR GESTATIONAL DIABETES SCREENING

VERY IMPORTANT

The following instructions need to be followed exactly. If these instructions are not followed exactly your result will be inaccurate and repeat testing will be necessary.

DO NOT EAT OR DRINK ANYTHING one hour prior to drinking the glucose beverage. This also includes mints, chewing gum, cough drops, etc. You will need to begin drinking the glucose beverage 45 minutes before your next appointment. **Be sure to finish the beverage within 5 minutes of starting it.**

Your blood sample must be drawn one hour after you finish the beverage. Please remember what time you finished the beverage. **When you check in for your appointment, let the receptionist know what time you finished the beverage.**

You may store the glucola at room temperature but you'll want to refrigerate it before drinking it. It is much easier to drink if it's cold. DO NOT pour it over ice as this will dilute the glucose and may affect the accuracy of the results.

If you have any questions about these instructions please call the office at (615)690-6600. If you fill in the spaces below it may be helpful in remembering what time to implement the above instructions.

My next appointment is on _____ at _____.

Start drinking beverage at _____. (Finish it within 5 minutes)

I finished drinking the beverage at _____.

My blood needs to be drawn at _____(1 hour after finishing the beverage.)