



One-Hour Glucose Tolerance Test Instructions

1. No special diet needs to be followed. No need to fast before drinking Glucola. Do not eat or drink anything after you drink Glucola. You may resume a normal diet after your blood has been drawn.
2. You may chill Glucola in the refrigerator. You may pour it into a glass but do not add ice. Do not add or mix any other ingredients with Glucola
3. Start timing when you begin to drink Glucola (the first sip). Drink the entire contents within five (5) minutes.

**Glucose load may cause nausea, vomiting, diarrhea, or fainting. Please contact your provider's office if you get sick after drinking the Glucola.

4. **Blood must be drawn 1 (one) hour after finishing Glucola. Please arrive at the lab 30 (thirty) minutes after drinking Glucola.**
5. When you check in, please inform the receptionist what time your blood needs to be drawn.

Patient name: _____

Begin Drinking: _____ End by: _____

Appointment Date: _____

Arrival Time: _____

This test is used to calculate the amount of glucose (sugar) in your blood. Failure to adhere to the instructions listed above may limit our ability to perform laboratory testing. If this should occur, you will be asked to repeat the Glucola test at a later visit. If you have any questions concerning this test, please call your doctor's office.