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## ONE HOUR GLUCOLA TEST

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The one hour glucola screen helps to determine whether or not you have diabetes during pregnancy. This screening test is usually done between the 24th-28th weeks of your pregnancy.

### **WHY DO I NEED A GLUCOLA TEST?**

Approximately 2 to 3 percent of all women will develop *gestational diabetes* (diabetes in pregnancy). If diabetes is not diagnosed and treated properly it can be harmful to the mother, baby or both.

### **DO I NEED TO DO ANYTHING TO PREPARE FOR THE TEST?**

No preparation is needed before the test. Fasting is not recommended, however, we do recommend that you do NOT eat or drink anything except water for 2 hours before the test.

### **WHAT WILL HAPPEN DURING THE TEST?**

- At your prenatal appointment, a medical assistant will give you the sweetened beverage to drink over a 5 minute period.
- A small amount of blood will be obtained one hour after you finished the beverage
- Do not eat, drink, smoke or chew gum UNTIL your blood sample has been obtained.
- You may have small sips of water during this time.

### **WHEN WILL I GET THE RESULTS?**

Results will be given to you at your next scheduled appointment if everything is normal.

### **WHAT WILL HAPPEN DURING THE TEST?**

You will be called and will receive instructions to be scheduled for a more specific test called a Glucose Tolerance Test to determine if you have gestational diabetes.