



1 Hour Glucose Tolerance Test

At your 12 and/or 24-week obstetrical visit you will be having a one-hour glucose tolerance test. This test screens for gestational diabetes.

Gestational diabetes is an imbalance that occurs in some women due to the impact of pregnancy on their metabolism. These women develop a temporary state of mild to moderate diabetes that usually disappears after delivery. If left undiagnosed, and untreated, gestational diabetes can create complications in late pregnancy, delivery, and in the newborn.

You do not need to follow a special diet for this test, however you cannot eat or drink anything one hour prior to your scheduled glucose tolerance test. When you arrive we will give you a sweet drink and then you must remain in the office and inactive for the full one hour. At the end of the hour we will draw your blood and check the glucose level.

We should have the results of your test within one to two days. If your test is elevated we will then schedule you for a three-hour glucose tolerance test, which will give a definitive diagnosis of gestational diabetes if you fail that test as well.