

## Patient Instructions for the 1 Hour Gestational Glucose Challenge Test

**Things to  
know  
before  
the test**

- Screening for gestational diabetes is usually done between 24 and 28 weeks of pregnancy. If you have risk factors for gestational diabetes, you may be tested earlier.
- Do **NOT** take this test if you are currently diagnosed with Diabetes.
- Fasting is not required for this test.
- You will be given a bottle of a 50-gram oral glucose beverage the day of the test or during a prior visit.
- The beverage does not need to be refrigerated; however, it may taste better cold.
- For accurate results, it is important that you follow these instructions exactly.

**On the day  
of the 1  
Hour  
Glucose  
Test**

- Drink the entire bottle of the 50-gram glucose beverage within 5 minutes.
- Note the exact time you finish drinking the glucose solution as this is important for the accuracy of the test. We will draw your blood exactly 1 hour after you have finished the drink.
- Do not eat or drink anything except sips of plain water after finishing the beverage. No mints, cough drops, chewing gum or smoking is allowed.
- If you do not have an appointment with your provider, be sure to arrive to the office 10 to 15 minutes early to ensure you have your blood drawn at the 1-hour mark. Please check in at the front desk and state that you are here for the 1 Hour Glucose Test. You will be directed to the phlebotomist.
- Please notify the clinical staff if you feel ill or need assistance.
- After the test is complete, you may eat or drink as normal.
- All lab test results will be released to the Weill Cornell Medicine patient portal.
- If you have an abnormal test result, you will be called within 2 business days and may be required to follow up with a 3-hour Glucose Tolerance Test on another day.

***If you are running late and unable to arrive in the office within 1 hour of finishing the glucose beverage, you will need to call the office in order to reschedule the 1-hour Glucose Challenge Test on a different date.***

**Questions?**

- For general information about gestational diabetes, please use the resource below:  
<https://www.acog.org/patient-resources/faqs/pregnancy/gestational-diabetes>
- Please call your physician's office if you have additional questions.