

## **1-HOUR GLUCOLA INSTRUCTIONS FOR COLORADO WEST WOMAN CARE**

You must be fasting 1 hour before drinking the glucola. No carbohydrates or sugars in meal before drinking the glucola drink. Drink the entire 50gm (10oz) within 5 minutes. Note the time you finished drinking the glucola. Your blood will be drawn 1 hour after you drink the glucola. You must arrive at your appointment 30 minutes after you drink the glucola. Inform the front desk personnel or your nurse of the time you finished drinking the glucola. The blood test will not be accurate if drawn 90 minutes after you finish the drink. You may eat and drink after your blood is drawn.

## **3 Hour Glucose Instructions for St. Mary's Hospital Lab**

You must be fasting for 12 hours prior to this test. This includes gum, mints, mouthwash, juice, or any other fluids except for water. Please plan a day that you have plenty of time to do this testing. You will be at the lab for 4 hours. You can drink water only in those 12 hours; this is encouraged to stay hydrated. When you get to the lab check in at the St. Mary's desk to get registered. After registering, please go across the room to the lab and let them know you are there. The lab will draw your blood first; this is called a fasting glucose. They will then give you a drink called glucola 100mg bottle. One hour after you have consumed the drink the lab will draw your blood. Then again 2 hours later and last 3 hours later. You should have a total of 4 blood draws in 4 hours. We will get your results in a few days and give you a call to discuss them further with you.