



Glucose Tolerance Testing Patient Information

Why and when the test will be performed

Glucose tolerance tests are done to check how your body is breaking down your sugars/carbohydrates. Higher than normal blood glucose levels can be used to diagnose Gestational Diabetes.

The One Hour Glucose Challenge Test (GCT) is done on all pregnant patients as a preliminary screening tool for Gestational Diabetes. It is administered between twenty four (24) and twenty eight (28) weeks of pregnancy. Your doctor or midwife will order the test for you at one of your prenatal visits. You can choose to have the test done at the LabCorp Service Center on the first floor of our building, or have it done near your home at a laboratory that is convenient for you.

If the results of the GCT indicate higher than normal blood glucose levels, you will be referred for a second, more definitive test. The second test is called a 3 Hour Glucose Tolerance Test (GTT).

Scheduling

If you choose to have the test done near your home, you will need to contact the lab directly to schedule the test. The LabCorp Service Center in our building will perform the one hour GCT on a walk-in basis.

If you are using either a LabCorp or Quest lab, we will send the prescription to them electronically. If you are using another lab vendor, please let us know so that we can give you the paper prescription that the lab will require.

We advise you to call the lab prior to your visit to confirm that they have a record of your electronic prescription, as well as confirm their office hours and possible lunchtime closings. The general information number for LabCorp is 212-360-1940.

Testing at LabCorp PSC at 70 East 90th Street

Please do not stop by the MFM office to obtain your Glucola drink – our front desk personnel are not permitted to dispense it. Instead, go directly to LabCorp, get registered, and obtain the Glucola from them. Please do not start this test prior to an ultrasound appointment because the GCT is a timed test and a sonogram cannot be stopped to draw your blood.

How to prepare for the test

One hour test: (1 hour GCT)

- Make sure you eat normally for several days prior to test.
- Do not eat or drink anything for one hour prior to drinking the Glucola. Also, you cannot eat or drink anything for an hour after you drink the Glucola. You can resume normal eating and drinking once the blood sample has been drawn and the test is done.
- Tell your doctor about all prescriptions and nonprescription medications. You may be instructed to stop taking certain medications before the test.

Three hour test: (3 hour GTT)

- Make sure you eat normally for several days prior to test.
- You should have nothing to eat or drink after midnight the night before the test. You cannot eat or drink from the time you drink the Glucola until 3 hours later when the test is completed. You can resume your normal eating and drinking once the test is done.

How the test is performed:

One hour test: (1 hour GCT)

When you arrive for the test, you will be given the Glucola drink - a sugar solution that contains 50 grams of glucose. The drink tastes like a sweet soda (usually orange flavor), and you will need to drink it within five (5) minutes.

Exactly one hour later, the technician will take a blood sample from you. The test results are usually available in forty-eight (48) to seventy-two (72) hours.

Three hour test: (3 hour GTT)

When you arrive for the test, your blood will be drawn for a fasting glucose level. Then, you will then be given a Glucola solution that contains one hundred (100) grams of glucose. The drink tastes like a very sweet soda (usually orange flavor). You will need to drink this within five (5) minutes.

Your blood will then be drawn at exactly one hour (1), two (2) hours and three (3) hour intervals after drinking the Glucola.

We do suggest, as you will be hungry by the time the testing is finished, that you bring food with you. We suggest something with carbohydrates, fats and protein like a turkey or peanut butter sandwich. Do not eat until after the last blood sample is drawn. The results are usually available in four-eight (48) to seventy-two (72) hours.