



Penn Q. Joe, M.D.
M. Andrea Giddens, M.D.
Elizabeth K. Mann, M.D.
Cory R. Tinker, M.D.
Lea Mary Bannister, M.D.
Claudia L. Moise, M.D.
Elizabeth F. McAdory, M.D.
Lynn G. Kirkland, D.N.Sc., W.H.N.P.
Jennifer B. Fredrickson, M.S.N., F.N.P.
H. Leigh Adkins, M.D. 1923-2016

George F. Wortham, III, M.D.
Crista L. Crisler, M.D.
John F. Albritton, M.D.
Fazal M. Manejwala, M.D.
Elaine A. Thompson, M.D.
Jason B. Mullenix, M.D.
Jason G. Williams, M.D.
Linda W. Childers, M.S.N., F.N.P.
Jennifer Dewey, M.S.N., F.N.P.
William W. Aycock, Jr., M.D. 1949-2012

James A. Wilson, III, M.D.
G. Aric Giddens, M.D.
Peter L. Ballenger, M.D.
Michael F. Counce, M.D.
Alok Kumar, M.D.
Helena G. Shannon, M.D.
Daniel A. Lee, M.D.
Kelly K. Pfrommer, M.S.N., F.N.P.
John Overton Gayden, M.D., Emeritus

One Hour Glucola Test

Place the drink in the refrigerator when you get home.

Test Day

- * Drink the glucola **45 Minutes BEFORE** your appointment time.
- * Drink the glucola **within a 5 minute** period.
- * Your blood work **must be done one hour after** finishing the drink*
- * Please **DO NOT** eat or drink after finishing your glucola*
(This means NO gum or mints)

Example

If you finish the drink at 2:00 then your blood work must be drawn at 3:00.

NOTE: Please inform the receptionist, when you sign in, of the time that you finished drinking your glucola.

You may eat the day of your glucola test, but please, **NO SWEETS!!!**

No fruit or fruit juice

No cereal

No jam, jelly, or syrup.

* Eat a balanced meal, i.e.
toast and egg, sausage and biscuit,
with water or unsweetened tea.*

6215 Humphreys Blvd., Ste. 401
Memphis, TN 38120
(901) 767-8442

7900 Airways Blvd., Ste. 2, Bldg. C
Southaven, MS 38671
(662) 349-5554

6570 Stage Road, Suite 160
Bartlett, TN 38134
(901) 373-9221

7705 Poplar Ave., Ste. 210
Germantown, TN 38138
(901) 755-8696