

Memphis Obstetrics & Gynecological Association, P.C.

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* you have finished the drink.
- * Please **DO NOT** eat or drink after finishing your glucola
(This means NO gum or mints either)

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