

# 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.\*