**What is the 1-hour glucose tolerance test?**

This is a screening test used to find out if you have Gestational Diabetes. This test is usually completed between 24 and 28 weeks of pregnancy.

**How do I complete this test?**

You may eat and drink as usual before the test.

On the day of the test:

1. Drink the beverage containing glucose (a sugary drink) that we gave you at the clinic.
   - Drink the whole bottle of glucose in 5 minutes or less.

2. Your blood must be drawn **exactly 1 hour** from the time you started drinking the glucose drink.
   - **Do not eat or drink** anything for the 1 hour between drinking the glucose drink and getting your blood drawn.

3. Go to one of the Michigan Medicine MLab locations to get your blood drawn. To find a location scan the QR code or visit: [http://michmed.org/jO40w](http://michmed.org/jO40w)
   - You do not need an appointment.
   - Plan to arrive 10 minutes before your blood is due to be drawn.

**Please note:**

Mlabs carry the glucose drink in case you haven’t received it from us yet.
What do my results mean?

If your blood sugar value is lower than 135 mg/dL, then you do not have Gestational Diabetes. No further testing is needed.

If your blood sugar value is 135 mg/dL or higher, your doctor will recommend completing the 3-hour glucose tolerance test.