

1-Hour Glucose Tolerance Test in Pregnancy

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 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>
 - You do not need an appointment.
 - Plan to arrive 10 minutes before your blood is due to be drawn.

Gestational Diabetes – a condition in which a woman without diabetes develops high blood sugar levels during pregnancy.



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.

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