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PATIENT INSTRUCTIONS FOR GLUCOSE CHALLENGE (GLUCOLA) TEST

On your 28th week visit the glucose challenge test is done. We also check a blood count for anemia and a syphilis test. This blood test has been ordered to screen for problems in utilizing glucose (or sugar) during pregnancy. It is an uncommon problem during pregnancy. However, early detection is helpful in good control. The results of your test are obtained by our office in three days. If you need further testing or a change in diet, we will contact you.

INSTRUCTIONS:

You have been given one bottle of Glucola. On the day of the test eat a normal diet prior to the examination.

- 1) Drink the Glucola within 5 minutes. You can refrigerate it or pour it over ice before consuming to improve the taste.
- 2) After drinking the Glucola write the time you started drinking it on your lab requisition in the upper right corner. Have nothing to eat or drink after. Do not smoke.
- 3) Plan to arrive at the laboratory with your laboratory requisition 40 minutes after drinking the Glucola so that the test may be done at exactly one (1) hour. **THIS IS IMPORTANT** so that we can ensure an accurate test result.

At the laboratory let someone know you are to have the blood test done and at what time. Give yourself enough time **before** your scheduled obstetrical appointment at our office. Do not plan your blood draw at the same time as your appointment.

- 4) Bring along something to eat when you have your blood drawn, such as cheese and crackers or one-half of a sandwich. Try to eat this as soon as your blood test is completed. It will help you overcome any nausea which some people experience.

If you have any questions regarding these instructions, please call the office.