

Directions for One Hour Glucose Challenge Test (GCT)

Please follow your normal diet in the days prior to your one hour glucose challenge test. Eat a normal breakfast, lunch, or snack two to three hours prior to your appointment. Do not however eat or drink anything for one hour prior to your appointment. Upon arrival please notify the receptionist at the front desk that you are having a one hour glucose test.

You will be given a lemon-lime or an orange flavored carbonated drink. 50 grams of glucose is in the drink. Your blood will be drawn exactly one hour after consumption of the drink. You must not eat or drink anything else prior to the drawing of your blood. This includes water. You may see your physician while waiting for your blood to be drawn but you may not leave the office.

Side effects do include but are not limited to: dizziness, nausea and/or vomiting. Please notify the staff if you begin to experience any side effects.