

# One Hour Gestational Blood Sugar Instructions

## Recommended Patient Instructions

**Glucose drinks are provided by your doctor's office or during testing at Spectrum Health Laboratory. The Lab recommends patients wait to begin drinking the glucose until they arrive at the lab site, for most accurate results.**

- Fully drink the 50 gram bottle of the glucose solution given to you by your doctor's office. The drink must be completely consumed within a 5 minute period of time.
- Record your finish time at the bottom of this form. Also record the target collection time (this is calculated as ONE hour after you finish the drink).
- Do not eat or drink anything during the next hour (sips of water are acceptable).
- Report to the laboratory within 30 minutes of finishing your drink. If you do not arrive within 30 minutes of finishing the drink, we cannot guarantee your draw time and you may have to repeat the test.
- Please bring this slip and your laboratory order if it was given to you.
- Most Spectrum Health labs are open 7am-5pm, Monday – Friday\*. **To avoid conflict with lab hours of operation, do not consume glucose drink after 3:30pm.**

To be completed by Patient:

Patient name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Finish Time (time the drink was finished): \_\_\_\_\_ am / pm

Target Collection Time (Finish time plus one hour): \_\_\_\_\_ am / pm

To be completed by Lab:

Arrival Time to Lab Collection site: \_\_\_\_\_ am / pm

Collection Time: \_\_\_\_\_ am / pm

**\*For hours of operation and driving directions please visit [spectrumhealth.org/laboratory](http://spectrumhealth.org/laboratory). No appointment necessary. Closed Sundays and Holidays.**