

One Hour Gestational Blood Sugar Instructions

Glucose drinks are provided by your doctor's office or during testing at a Corewell Health Laboratory Draw Site (Lab). For the most accurate results, the Lab recommends patients wait to begin drinking the glucose until they arrive at the lab site.

1. Fully drink the 50-gram bottle of the glucose drink (glucola) within 5 minutes.
2. Record your finish time at the bottom of this form.
3. Record your target collection time at the bottom of this form. This is **one hour after** you finish the glucola drink.
4. Do not eat, chew, or drink anything during the next hour. You may have sips of water.
5. Report to the lab within 30 minutes of finishing your glucola 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.
6. Please bring this slip and your laboratory order if it was given to you.

Most Corewell Health Lab Draw Sites are open

- Monday to Thursday, 7 a.m. – 5 p.m.
- Friday 7 a.m. – 3:30 p.m.
- Some sites are available on Saturdays 7 a.m. – 11 a.m.
- Visit corwellhealth.org/search?tab=locations for up-to-date listings



No appointment necessary, walk-ins accepted. Please arrive at least 90 minutes prior to lab closing to ensure there is enough time to complete the test.

To be completed by the Patient:

Patient Name: _____ **Date of Birth:** _____

Finish Time (*Time the drink was finished*): _____ a.m. / p.m.

Target Collection Time (*Finish Time plus one hour*): _____ a.m. / p.m.

To be completed by the Lab/Phlebotomist:

Arrival Time to Lab Collection site: _____ a.m. / p.m.

Collection Time: _____ a.m. / p.m.