

## Glucose Instructions

\_\_\_\_\_ **ONE HOUR GLUCOSE** Your doctor has ordered the one-hour glucose testing; please have this completed by your next appointment date. The day of testing, remember DO NOT eat or drink anything after midnight the morning of your appointment.

\_\_\_\_\_ **THREE HOUR GLUCOSE** For three days before your appointment we ask that you modify your diet. We want you to get at least 150 grams of carbohydrates every day for the three days. The day of testing, remember DO NOT eat or drink anything after midnight the morning of your appointment. Please plan on being there all morning, this lab takes a minimum of three hours. Feel free to bring something to do, we do not recommend leaving during this testing period. Also, it is a good idea to bring a snack to eat at the end of your testing. Please try to have this completed by your next exam.

**\*To find a convenient location and to schedule an appointment time, go online to the lab contracted with your insurance.**

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