

my body

## the 1-hour glucola test

### What is the test's purpose?

This test determines whether you might develop diabetes in pregnancy, also called gestational diabetes.

### What can I expect?

Your test will most likely be done between **24-28 weeks**, but possibly as early as 16 weeks if your midwife recommends it.

#### Are there alternatives?

Glucola testing is the most accurate way to tell if you have diabetes in pregnancy. Some people are unable to drink the glucose drink without vomiting, even if they take medication for nausea ahead of time. If this happens to you, your midwife may suggest testing your blood sugar four times a day at home for a week or two instead.

### Preparation

#### Before your test

You can eat and drink before this test, but **you should not have sugary food or drinks a couple of hours before**. Keep in mind when you schedule your lab appointment that the test will take a little more than an hour.

#### During your test

- You will be given a small drink (glucola) to drink in the lab. You need to finish drinking the entire bottle within five minutes.
- Do not eat or drink anything after drinking the glucola drink for the next hour, until you have had your blood drawn. Doing so could cause a false elevation of your test results.
- A blood sample will be obtained by drawing blood from your arm one hour after you finish drinking the glucola.

#### After your test

Results will be available within one to two days. If the results are normal, no further testing is needed. If the results are elevated, then additional testing will be recommended to see if you have diabetes.

