



GLUCOSE TESTING INSTRUCTIONS

- 1. DO NOT EAT OR DRINK ANYTHING 2 HOURS BEFORE DRINKING YOUR GLUCOLA.**
- 2. Once you start drinking the glucola, you must finish it within 5 minutes. This is not a fasting glucose test, so you can eat a light breakfast. However, DO NOT eat or drink anything high in sugar or carbohydrates. This means no pancakes, syrup, orange juice, cereal, pasta, candy, etc. If you are unsure of what kind of foods are ok to eat the day of your tests, please feel free to ask the staff.**
- 3. Your blood must be drawn EXACTLY 1 hour after you take the last sip of your glucola. Do not eat or drink anything after drinking the glucola.**
- 4. When you sign in for your appointment, please let the staff know that you are doing your glucose test and what time you finished your glucola. When it is time for you to have your blood drawn, please notify the lab technician. We will not be able to keep track of the time you are due, so it is your responsibility to notify us.**

If you have any additional questions, please call the office.