1 HR Glucose Test – GLUCOLA

* You do not have to be fasting.
* Drink the 50 gm glucose solution (glucola) within 5 minutes.
* **DO NOT EAT OR DRINK AFTER** finishing the glucola. No sips of water, gum, or mints.
* Visit the lab approximately 30 minutes later so you can register and be drawn on time.
* Notify the front desk that you have a timed blood draw.
* Your blood must be drawn exactly one hour after finishing the glucose drink.
* Quest Laboratory is located in our office for your convenience, or you may utilize any outside laboratory.
* If you are planning to have your blood drawn in the office, you must finish the drink between 8:00 and 10:45 in order to be drawn before noon or between 12:15 and 2:30 to be drawn before the lab closes.
	+ Office Lab Hours: 8:45-12:00 & 1:00-3:30.