



973.228.3550

info@AvalonMidWives.com  
www.avalonmidwives.com

## The Glucose Challenge Test 24-28 weeks

---

This is a blood test. You will prepare by drinking a sugar-flavored drink one hour before your appointment. Please follow these simple instructions.

You have been given a bottle of flavored glucose drink

- Put the bottle in the refrigerator until the day of your testing

On the day of your testing

- Eat normally

One hour before your scheduled office appointment

- Drink the entire bottle in 5 – 10 minutes AND do not add ice
- Note the time you have finished the drink—your blood MUST be drawn one hour after finishing the drink
- Do not eat or drink anything (even water) until your blood has been drawn

Your appointment

- Arrive at the office 10 minutes BEFORE your scheduled appointment
- Tell us what time your blood must be drawn
- You may drink water as soon as your blood is drawn
- Please do not be late for your appointment, or you will need to repeat the process

We will contact you with your test results

If you have any questions, please do not hesitate to contact us by phone or via email at

info@AvalonMidwives.com