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GLUCOSE CHALLENGE ALTERNATIVES LIST & INSTRUCTIONS:

This is a blood test. You will prepare by drinking **ONE** of the following glucola alternatives from the list below 45 minutes before your scheduled appointment.

GLUCOLA ALTERNATIVES:

- 20 oz. of Ginger Ale
 - 16 oz. of Cola
 - 14 oz. of Orange Juice
 - 10 oz. of Cranberry Juice
 - 10 oz. of Grape Juice
- *Juices may **NOT** be from concentrate.

On the day of your testing:

- Eat normally

45 minutes 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 testing:

- Arrive at the office at your scheduled appointment time
- Tell us what time your blood must be drawn
- You may drink water as soon as your blood has been drawn

****We will call you with your test results***

If you have any questions, please feel free to contact us at 973-998-7922 (Morristown), 973-228-3550 (Caldwell), or via email at info@AvalonMidwives.com.