



Donna C. Roosa, MS, CNM  
JoAnn Yates, MS, CNM  
Lisa Millstein, MSN, CNM  
Kimberly Maher, MSN, CNM  
Jennifer Krogstad, MSN, CNM  
Grace Rice, MSN, CNM  
Julie Wood, MSN, WHNP

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25 Lindsley Drive, Suite 201-A | Morristown, NJ 07960

Phone: 973.998.7922 | Fax: 973.998.7925 | [info@avalonmidwives.com](mailto:info@avalonmidwives.com) | [www.avalonmidwives.com](http://www.avalonmidwives.com)

## THE GLUCOSE CHALLENGE TEST

This is a blood test. You will prepare by drinking a sugar flavored drink 45 minutes before your scheduled appointment. Please follow these simple instructions.

### ***On the day of your testing:***

- Eat normally (This is not a fasting test.)

### ***45 minutes before your scheduled office appointment:***

- Drink the entire bottle in 5-10 minutes and do **NOT** add ice. (You may refrigerate the bottle.)
- 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](mailto:info@AvalonMidwives.com).