



1-HOUR GLUCOSE TOLERANCE TEST

**If your physician handed you a written order,
please bring it to the lab.**

BEFORE YOUR TEST:

1. You **DO NOT** have to fast before this test unless directed by your physician. You may eat and drink as normal.
2. You may take your usual medications unless your doctor tells you otherwise.
3. You may maintain your normal physical activity.

DAY OF YOUR TEST:

1. **PLEASE TELL THE STAFF IN THE LAB IF YOU HAVE BEEN ILL IN THE PAST THREE (3) DAYS.** Example: fever, nausea, vomiting, etc.
2. You will be asked to drink a glucose solution (glucola) within 5 minutes.
3. You will have blood drawn 1 hour after drinking the glucola. **Do not eat or drink anything other than water during this time.**
4. You will need to stay in the lab waiting area or in your vehicle in the parking lot during the entire period until a lab team member tells you that the test is complete.

Your physician will receive results of your testing. You may also view your results by logging into your MyOchsner account. If you do not receive your lab results within 10 days, please contact our office at (225) 201-2000.