



Instructions for One-Hour Glucose Test

When you are 26-28 weeks pregnant you will have a one-hour glucose test, a screening for Gestational Diabetes. You will be given a bottle of the 50-gram Oral Glucose Tolerance Beverage. We will give you this to take home prior to your 26-28 week visit with us so that you can keep it in your refrigerator if you prefer to drink it chilled.

1. Eat a balanced breakfast on the morning of your appointment, avoiding concentrated sugars. A suggested breakfast may be eggs, bacon or sausage, whole-wheat toast with butter, and milk or coffee (without sugar). If your test is in the morning, you may eat breakfast prior to the test. If your test is in the afternoon, you should also eat a normal lunch. It is important NOT to fast before this test.
2. You must drink the entire bottle within 5 minutes. Please note the time you finish the beverage.
3. It is important that the blood sample is collected ONE HOUR after finishing the beverage. Please be in the office at least 10-15 minutes prior to that time. When you arrive, please inform the front desk staff what time you finished your drink. If your blood is drawn late, you may have to repeat the test. If your visit is scheduled at 8:00 am, please do not drink the beverage before 7:15 am.
4. Do not eat or drink anything except for water during the hour between finishing the beverage and having your blood drawn. No chewing gum or mints. Please notify the clinical staff if you feel unwell or need assistance during or after the test.
5. After your blood has been drawn, you may eat or drink as normal.
6. Bring a high protein snack to eat after your blood has been drawn.
7. Lab results will be released through your patient portal after the provider reviews them. If the results are abnormal, you will be notified by phone or portal message and will need to schedule a 3-hour glucose tolerance test at that time.
8. To schedule the 3-hour glucose test, you can call our lab. If you have any questions about the 3-hour glucose test or need to change your appointment time, please call the lab at our Raleigh office at 919-781-7450 X3080 or the lab at our Cary office at 919-467-2249 X1220.

AT YOUR NEXT VISIT: We will order a breast pump from StorkPump by AdaptHealth

A Breast Pump Specialist from StorkPump will contact you 2-3 days after we place the order so you can select your breast pump. They will help you decide which pump is best for you, will bill your insurance, and ship the pump to your home. Please note that they may be calling from a 412-area code. You can contact them at 844-727-6667 or email them at BreastPumpCustomerService@adapthealth.com.

AT YOUR 36 WEEK VISIT: We will send an order for SimpliFed Lactation Consultants

SimpliFed is your judgment-free baby feeding partner, covered by health insurance at no cost to you. SimpliFed works with families no matter how they choose to feed their baby. Their team will tailor a feeding plan specifically for you that starts during pregnancy and continues once baby is home. All appointments are done virtually with easy night and weekend appointments available. To schedule an appointment or for more info, call or text (888) 458-1364.