

Three Hour Glucose Tolerance Test

If your one hour gestational diabetes test had an elevated result, we will recommend that you continue with further testing to determine whether you have gestational diabetes. This test is called the 3 hour glucose tolerance test.

Appointments for the test are always scheduled in advance and can be scheduled either in Durango (at the Mercy Regional Medical Center lab) or in Aztec (at Mercy Urgent Care lab). It is always starts in the morning and Southwest Midwives office staff will help you to get scheduled.

There are a few important things to remember in preparing for this test.

- You must fast for 12 hours prior to the test. You must not have anything to eat or drink other than water. We encourage you to drink lots of water during your fast to make sure you are well hydrated
- Make sure you arrive to the lab 30 minutes before your scheduled time
- Consider bringing something to do while you sit for the test (ie book, laptop, knitting project etc)
- We encourage you to bring a protein rich snack to eat once the test is over.

Your fasting blood sugar will be collected upon arriving at the lab. You will then be given the glucola drink to consume. The lab will draw your blood once an hour for three hours. Results can take up to 24 hours. You can expect a call from a midwife as soon as your results have been reviewed.