Oral Glucose Tolerance Test for Obstetric Patients

Your doctor has ordered a glucose tolerance test. This is a test to diagnose gestational diabetes.

Instructions:

1. Call the Children’s Mercy Hospital Contact Center at (816) 234-3700 to schedule an appointment for your test to be done in the outpatient laboratory at Children’s Mercy South (5808 West 110th Street in Overland Park, Kansas).

   Appointments can only be scheduled Monday through Friday at 08:00 AM.

2. On the night before your test, do not eat or drink anything after midnight except water.

3. Report to the lab at 8:00 AM on the scheduled day.

4. The lab will draw a blood specimen to check your blood sugar before the test begins. If your blood sugar is more than 150 mg/dl, the glucose tolerance test will be cancelled.

5. You will be given a glucose solution to drink.

6. Your blood will be drawn two more times – once an hour for the next two hours. It is important to have it drawn at the same time each hour.

7. Please stay in the waiting area during the test. Do not eat, drink, or smoke during the test.

8. Let someone know immediately if you feel faint or dizzy, or if you become nauseated.

9. Test results will be called to you and recommendations for treatment will be provided by your doctor.