



**THE GUIRGUIS OBSTETRICS™
& GYNECOLOGY GROUP
OF BROOKLYN**

Patient Instructions: One Hour Glucose Challenge Test (GCT)

At approximately 24 – 28 weeks gestation (or earlier if needed) you will need to undergo a screening test for Gestational Diabetes.

You will be given a flavored drink containing 50 grams of glucose and instructed to make an appointment to have your blood drawn. Please follow your normal diet in the days prior to your test. You should not eat or drink anything one hour prior to drinking the glucose drink. You should ingest the glucose drink one hour prior to your scheduled blood draw. You must not eat or drink anything prior to this blood draw. Please show up to your appointment 15 minutes early to ensure the blood is drawn 1 hour after consumption of the drink.

Some people experience side effects including (but are not limited to) dizziness, nausea and/or vomiting. Please notify the staff if you experience any of these side effects.

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