

Yale University Health Services
17 Hillhouse Ave
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New Haven, CT 06520-8237

Instructions for 1 hour Glucose Tolerance Test

1. You do not need to fast prior to your test. You may do your testing at any time of the day. However, we prefer that you do not eat immediately before doing the test (approx. 1-2 hrs).
2. Obtain your Lab slip from the Ob/Gyn dept. on the day of testing if you have not received it from your clinician in advance.
3. Proceed to the Lab to obtain 50 mgs of Glucose beverage.
4. Your blood will be drawn one hour after drinking the glucose beverage.
5. For your convenience you may take your lab slip to any Quest facility located on the back of your lab slip. Please call ahead to verify lab hours as they vary by facility.