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Directions for 1 Hour Glucose Test

If you have a morning appointment:

- 1) Eat a high protein breakfast (e.g. eggs) avoiding carbs and sugar.
- 2) Drink your flavored drink (cold, but not over ice). You have only 5 minutes to drink the entire bottle. You must drink it 30 minutes prior to your appointment.
- 3) You must arrive at the office within 1 hour of finishing the drink.
- 4) Your glucose level will be checked at the 1 hour mark.
- 5) **PLEASE** let the receptionist know the time you completed the glucose drink.
- 6) To stay hydrated, you may continue to drink water after drinking your glucose drink.

If you have an afternoon appointment:

- 1) You may eat a light breakfast but avoid sweets and carbs.
- 2) Then follow the above directions.

Should you have any questions, please contact the office prior to your scheduled appointment at (404)-352-1235.