

1-Hour Glucola Information

- **On the day of your test eat a light, healthy meal (low in carbohydrates and sugars) prior to your appointment.**
- When you arrive, you will be given an 8 oz. flavored drink that contains glucose. You must complete the drink within five minutes.
- Once the test has begun, you cannot have anything to eat or drink, except water. Also, no smoking is permitted while you are taking this test. You must remain in our office the entire hour until your blood has been drawn.

Appointment Date: _____

Appointment Time: _____