

# Memphis Obstetrics & Gynecological Association, P.C.

## Three Hour Glucose Tolerance Test

This test is performed on patients who have an abnormal value on their one hour glucola screening test. The cut off value/number we use as recommended by A.C.O.G is a value of 140 mg/dl.

If you have been asked to perform this 3 hour glucose tolerance test, it will be *necessary that you refrain from eating or drinking anything after midnight the night prior to the test.*

When you come into the office you should sign in and notify the receptionist that you are here for a three hour glucose tolerance test, at which time you will be taken to the laboratory where an initial fasting blood sugar will be performed.

If this value is essentially within the normal range, then a 100g glucose drink will be provided for you to drink. Subsequently, one, two and possibly three blood sugars will be drawn after this glucose load/drink. **Therefore you should plan to be in the office approximately three hours, from 9am-12pm. You will be able to walk, read, or do any other activity as long as you remain within our office. You will not be able to leave during this test due to the precise times blood sugars must be performed.**

*If you have any questions regarding this test, please do not hesitate to contact our office to discuss this with our office staff.*