

Obstetrics and Gynecology Specialists, P.C.
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BLOOD SUGAR SCREENING

The doctors want to check your blood sugar level. This is a screening test done to rule out diabetic tendencies that can occur during pregnancy.

DO NOT DO THIS TEST BEFORE YOU ARE _____ WEEKS
GESTATION (_____)

1. Please wait at least one hour after finishing a meal to drink the Trutol.
2. 45 minutes to one hour before your appointment time, drink 10oz. of Trutol (50 grams glucose) within 5 minutes. The Trutol tastes better if refrigerated (DO NOT PUT ICE IN IT)
3. You will have a venous blood test done 1 hour after finishing the Trutol. DO NOT EAT, DRINK, SMOKE OR CHEW ANYTHING for one hour before and after you finish the Trutol.
4. Please make sure you tell the receptionist what time you finished the Trutol when you are checking in for your appointment. If you have not been called when the hour is up, please go to the front desk and let them know it is time to have your blood sugar done.

Example: If your appointment is at 10:00, you will drink the Trutol between 9:00 and 9:15. The last time you should have had anything to eat or drink would have been at 8:00, and you will not be able to eat or drink anything else until your blood draw has been done. There will be a 2 hour time frame that you will not have anything to eat, drink or chew. Also do not smoke during this time.

*****If you are being seen in Jackson County please contact the hospital lab {(563) 652-2474} for information and an appointment for glucose testing.**

*****Any patient that has had Gastric Bypass will need to follow the alternative instructions for consuming yogurt with fruit and NOT drinking the Trutol.**