



1 Hour Glucola Test Instructions

- 1) For the best test results you must fast.
 - a. Do not eat anything after midnight prior to your test.
 - b. You may have water or decaffeinated black coffee.

- 2) Please allow at least one hour to complete this test, as you will not be able to leave the office until completion.
 - a. The test requires you to drink a small sweet drink (*orange, fruit punch, or lime flavored*).
 - b. One hour following consumption of the drink we will conduct a simple blood test.

- 3) If you have had this test completed outside of Women Physicians Associates please call our office at (803) 779-6776 ext. 111 (*please leave a message if prompted specifying the details of your test*).