

**Instructions for the One Hour Glucose screening for our pregnant patients:**

1. Don't eat anything containing sugar or carbohydrates the day of your test. Don't eat or drink anything one (1) hour prior to your appointment. (This includes gum, candy, mints, soda, etc.) If you don't have an early morning appointment, we encourage you to eat a healthy breakfast or lunch, just allow two hours in between when you eat and the time of your appointment
2. Drink the glucola ½ hour (30minutes) before your appointment time. For example, if your appointment is at 9:30am, you should drink the glucola at 9:00am
3. Drink the glucola quickly (within 2-3 minutes). You may place the glucola in the refrigerator and the pour over ice when ready to drink. The glucola tastes better cold!
4. Upon arrival in our office, please inform the receptionist what time you finished drinking the glucola. Your blood will be drawn 1 hour after your finish time.
5. PLEASE BE ON TIME or the test will not be accurate and will need to be repeated on a different day.
6. Failure to follow these instructions could result in a false positive test, which could possibly necessitate more extensive testing which involves lots of blood draws.

If you have any questions regarding these instructions, please contact our office at 901-309-6745



**MORE... Important information for our pregnant patients**

**Pertussis** (also called whooping cough) is a highly contagious disease that causes severe coughing. People with pertussis may make a “whooping” sound when they try to breathe and gasp for air. In newborns (birth to 1 month), pertussis can be life threatening. Recent outbreaks have shown that infants younger than 3 months are at a very high risk of severe infection.

Recently, the American College of Obstetrician and Gynecologists has recommended that all pregnant women should get a Tdap shot in the third trimester, preferably between 27 weeks and 36 weeks of pregnancy. If you have not received this vaccine, we strongly recommend you do so.

We will offer the Tdap vaccine to you at the same visit you have the glucose screening (28-36 weeks). Other adults who will have close contact with your baby may also get their vaccine here if we accept their insurance.