



## GLUCOLA INSTRUCTIONS

1. This is an appointment you cannot be late for, so please plan ahead and arrive on time. Please make sure you follow the directions. If these directions are not followed, the test may need to be repeated.
2. Make a separate appointment for lab work with the secretary if your appointment will be at the Southington office. Make your OB appointment (if necessary) 15 minutes after your lab draw appointment.
3. You do not have to fast prior to the blood work.
4. You must drink the entire bottle of glucola within 10 minutes. Your blood needs to be drawn **EXACTLY ONE HOUR** after you finish drinking the glucola. Be sure to arrive 15 minutes before your scheduled lab appointment. (For example: If your lab appointment is at 10 a.m., you need to finish the glucola by 9 a.m. and arrive at the office at 9:45 a.m. so that we can draw your blood on time).
5. After drinking the glucola, do not eat or drink anything else. You can empty your bladder if you need to as this is not a urine test.
6. When you arrive for your appointment, please notify the front desk of the time that you finished the glucola so that your blood can be drawn at the exact time.
7. Of note, you can keep the glucola cold for better flavor and it can be poured over ice.

If you have any questions, please feel free to call the office at 276-6800.