



Premier Women's Care

Beena Johnson, MD
920 Medical Plaza Dr Ste 530
The Woodlands, TX 77380
281-825-4900

Glucose Challenge Test (GCT)

Instructions:

- Keep the glucose drink refrigerated.
- You may eat before the test, however, do not eat anything sweet before having the drink.
- Do not pour over ice, or drink with a straw. Finish within 5 (five) minutes. Note the time you finish the drink. Do not eat or drink *anything* (including water) after finishing. No gum.
- We must draw your blood *exactly* 1 (one) hour after finishing the drink. It may be helpful to arrive a few minutes early for your appointment in order to ensure accurate testing. Be sure to tell the receptionist the exact time you finished your drink.