Missouri Baptist Medical Center
BJC HealthCare

# The Reference Laboratory
## AT MISSOURI BAPTIST MEDICAL CENTER

Dear Valued Customer:

**THANK YOU** for choosing The Reference Laboratory at Missouri Baptist Medical Center as your laboratory service provider. Your doctor is requesting a screening test for Gestational Diabetes, known as a 50-gram Challenge or a 1 Hour Glucose Challenge. Below is information to help provide a successful experience.

**Preparation:**

1. It is recommended that you fast for 2 hours before your test. No coffee, tea, gum, mints, food, or smoking. You can drink water.
2. You are to drink the orange or fruit punch flavored drink, 50-gram Glucola, before the visit. Try to complete drinking the entire contents within 5 minutes. Do not drink it so fast that it makes you sick. You may chill the drink if you wish and drinking with a straw may help.
3. Record the time that you finished the drink. You will need your blood drawn no later than ONE HOUR after that time. Be sure to arrive at the lab drawing site approximately 20 minutes prior to the ONE HOUR mark. This will allow for registration and to verify orders. Be sure to tell the registration personnel of your ONE HOUR time. Bring your driver's license, insurance card and the doctor' s order. If your provider is BJC Medical Group, the registration team will be able to see the order electronically- no paper order needed.
4. No appointment is needed using one of our Patient Service Center locations. (mbmc.testcatalog.org)
5. Call your doctor's office to discuss any questions you may have prior to drinking the Glucola drink.

Timing of this test is crucial to quality results.