



Thais Aliabadi, MD
Obstetrics and Gynecology

8631 West Third St. Suite 1110E
Los Angeles, CA 90048

Phone: (310) 652-5052
Fax: (310) 652-5062
Web: www.draliabadi.com

One Hour Glucose Test Instructions

1. Coordinate your ride. You will need someone to drive you to your appointment.
2. The night before your scheduled test, do not eat or drink anything (other than water) after midnight.
3. An hour before your appointment, take the glucose drink. You have five minutes to finish the drink.

Ex: Take the glucose drink at 8:00am and finish by 8:05am.

4. Blood will be drawn an hour after the drink was finished.

Ex: Finish the drink at 8:05am. Blood will be drawn at 9:05am

5. Notify the office staff of the time you finish your drink as soon as you arrive.

Call our office at least one day prior to your appointment for any questions or concerns. Office hours are Mon-Fri 8:30am-5:00pm.