



WOMEN'S HEALTH
of Central Virginia

28 Week Lab Instructions

On your next visit, you will have blood work drawn. A morning appointment is easiest for this visit.

IF YOU ARE NOT DIABETIC -

DO EAT BREAKFAST - but NO SWEETS! No jelly, syrup, presweetened cereal, doughnuts, fruit or fruit juices, no soft drinks (diet or regular), nothing with any artificial sweetener. No gum, mints, or candy of any kind. Try to avoid fast food breakfasts.

When you arrive, after checking in, the nurse will give you a concentrated sweetened beverage to drink. You must then wait in the office for one hour (without eating) to have your blood drawn. You are not to smoke. You will see the MD/Provider while waiting.

IF YOU ARE DIABETIC -

We will not be checking your blood sugar unless told otherwise, but you can expect to have blood work drawn after seeing the MD/Provider. No special preparation is needed.