

# Women's Health Partners, LLC

Diplomates of the American Board of Obstetrics & Gynecology

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## PREPARATION FOR ONE HOUR GLUCOSE TEST

- You are not required to eat or avoid specific foods prior to taking this test
- Drink the entire 50-gram bottle of glucola within 5 minutes. Note the time; your blood must be drawn exactly one hour later. Once you drink the glucola, do NOT eat or have fluids until after your blood is drawn. Please arrive 30 minutes after you finish the drink. Upon arrival, inform the receptionist of the time you must have your blood drawn.
- **We strongly recommend that pregnant women be vaccinated for Pertussis during their 28<sup>th</sup> week of pregnancy. You may receive the Tdap vaccine at the same time as your glucose test.** Pertussis, commonly called Whooping cough, is a highly contagious disease which can cause serious and sometimes life-threatening complications in infants, especially within the first 6 months of life. In recent years, there has been a dramatic and persistent increase in Pertussis disease in the United States.
- Pregnant women should receive the Tdap vaccine preferably between 20 weeks and 36 weeks of gestation to maximize the maternal antibody transfer to the fetus. The vaccine is safe and effective in preventing the spread of Pertussis. The vaccine has not been shown to cause any adverse effects during pregnancy, including autism. Caregivers, who will have close contact with your infant, should be vaccinated. This helps provide protection for your newborn because he or she cannot get this vaccination until 2 months of age. We can also vaccinate dad and close family members.

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