

Fasting and 1-Hour Glucose Test

Fast for 10 hours (Don't eat after 9:00 PM if you do the test at 7:00 AM).
Take your fasting blood sample.

Fasting Blood Sugar: _____

Normal Value: ≤ 90

Make herbal tea with 3 1/3 Tablespoons of honey or just put the honey in hot water if you don't want tea.

Drink in 10 minutes.

Wait one hour. Don't eat anything. (You may have water.)

Take second blood sample.

1-hour post 50 gram load: _____

Normal Value ≤ 140

Date of Test: _____