



3 Hour Glucose Tolerance Test

Preparation for this test includes eating a diet high in carbohydrates (please see carb loading list below) for three consecutive days prior to having the test. This means in addition to your regular meals, you need to eat snacks that total between 100 and 150 grams of carbohydrates. Be sure to consume three of these snacks each day for the three days prior to your test **in addition to your usual meals.**

THE NIGHT BEFORE YOUR TEST, YOU CANNOT HAVE ANYTHING BY MOUTH AFTER MIDNIGHT (NOT EVEN GUM, LIFESAVERS OR BREATH MINTS). IF NEEDED YOU CAN HAVE WATER, BUT PLEASE NOTHING ELSE AFTER MIDNIGHT, OTHERWISE THE TEST WILL BE INACCURATE AND YOU WILL HAVE TO REPEAT IT.

Remember to carb load for the three days prior to your test. So for example if you are having your test on a Monday you need to carb load for Friday, Saturday, and Sunday.

Plan to bring something to help pass the time on the day of your test. We request that you stay here in our office for the full three hours. You will need to remain inactive (activity may give false results). Likewise, the activity needed to watch your children during this time may give false results so it would be best if you could find alternative care for the test day.

Your test should be completed just before lunch. Some women are affected more by this test than others it would be a good idea to bring something to eat with you. We cannot allow you to eat during the test but having something to eat after your test is complete and before you drive may be beneficial.

The following is a list of carbohydrate foods that all equal 30-40 grams each. You must eat three (3) of these items for each of the three (3) days immediately prior to your test date.

It is most important that you still eat your regular meals and snacks. These items must be eaten in addition to your diet.

- 1 Granola Bar
- 1 English Muffin
- 1 Bagel
- 2 Slices of Bread/Toast
- 10 Saltine Crackers
- 2 5" rectangle graham crackers
- 4 2" square graham crackers
- 1 Cup pasta noodles