



## **BREAKFAST CARBOHYDRATE TOLERANCE TEST**

### **BREAKFAST MENU:**

2 Scrambled Eggs

2 Slices toast or 1 English Muffin

2 pats of butter or margarine

1 cup (8 oz.) of orange juice

1 cup (8 oz.) whole or skim milk

\*\* Coffee or Tea without sugar or cream is optional

### **DIRECTIONS:**

- Write down the time that you finish eating the breakfast and bring that with you to your appointment.
- Your blood needs to be drawn an hour after you have finished eating. Please leave plenty of time to get to the office and have your blood drawn, make sure to account for traffic or weather delays.
- As soon as you arrive at the office let the person at check know what time your blood needs to be drawn by.