

## Diet Preparation for Three-Hour Glucose Tolerance Test

Your one-hour glucose screening test was abnormal. You will need to schedule a three-hour glucose tolerance test. A glucose tolerance test checks how well your body responds to sugar. This test must be scheduled at a time that allows you to follow the special three-day diet. Please call our office to schedule your appointment.

In order to decrease the chances of a falsely abnormal result follow the instructions below:

1. Continue to eat regular meals and all the foods you normally enjoy.
2. For three days before the test you must include extra carbohydrates (at least 150 grams or more) in your daily food intake. To make sure you are eating enough carbohydrates you must choose extra foods.
3. Choose **one** item from LIST1 and **also one** from LIST 2. Eat these foods in addition to the usual foods you eat for three days before the test.

### LIST 1

2 slices of bread  
2/3 cup of cooked rice  
1 cup of cooked noodles  
2 corn tortillas

### LIST 2

8 tablespoons (4 oz) of raisins  
2 large apples  
2 small bananas  
16 oz orange or apple juice

4. Example:
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|-------|---|
| Day 1 | extra 2 slices of bread<br>16 oz of apple juice     |
| Day 2 | extra 1 cup of cooked noodles<br>16 oz orange juice |
| Day 3 | extra 2 small bananas<br>2 corn tortillas           |

- On the third day of your diet, eat nothing (not even toast), and drink nothing but sips of water after 10:00 PM and until the test is over.
- Please arrive at the office no later than 8:30 AM
- First a fasting blood sample will be drawn, and then you will be given the glucose liquid to drink.
- Each hour after the drink, blood will be drawn. This will be done three times. It is important that the blood is drawn at exactly one-hour intervals, so please be available at the indicated times.
- Please bring something to read, or do, while quietly sitting, until the test is over.
- Do not eat, smoke or drink anything except water during the test. Sips of water should be taken only if you are very thirsty.
- After the last blood sample has been drawn, you may leave the office and have your lunch.
- If you are unable to eat your usual diet, please inform your health care provider.
- Maintain your usual activity level on the days preceding the test.