

3 Day Dietary Preparation for 3 Hour Glucose Test

The 3 hour 100 g Oral Glucose Tolerance Test (OGTT) is given to determine if you have diabetes during pregnancy. Carefully following the diet instructions below will decrease the possibility of inaccurate results.

GETTING READY

- It is important that you eat at least three meals a day starting three days before the test. The meals should contain lots of starches (carbohydrate foods such as bread, cereal, pasta, grains, rice, beans, starchy vegetables, potatoes, corn, peas, fruit and fruit juice, milk, yogurt, sweets...)
- Three days before the test you must also eat/drink extra carbohydrate calories. Each day, eat 1 of the following in addition to your regular meals
 - 2 slices of bread
 - 1 piece of cake
 - 1 candy bar
 - 1 can non-diet soda
(food equivalent to 30 g carbohydrate)

THE NIGHT BEFORE YOUR TEST

- After midnight the night before your scheduled test, do not eat or drink anything besides water.
- Do not smoke, chew gum, eat cough drops or candy or take iron or vitamin pills

The test

- In the morning when you come to your appointment a blood sample will be taken (fasting blood sugar) and then you will be asked to drink a cold sweet drink (Glucla 100 g)
- Blood samples will then be taken at one hour, two hours, and three hours after you finish the sweet drink. During the test, you are not allowed to eat or drink anything except water.
- You may bring a snack to eat after the test is completed

PLEASE FOLLOW THE INSTRUCTIONS ABOVE CAREFULLY. IT IS VERY IMPORTANT NOT TO "DIET" BEFORE THE TEST AS DIETING MAY CAUSE FALSE RESULTS.