

## Instructions for 3 hour 100 g Oral Glucose Tolerance Test

### 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 (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 at least 150 grams of carbohydrates each day. Examples of what you could add to your regular meals are:
  - 2 slices of bread
  - 1 piece of cake
  - 1 candy bar
  - 1 can non-diet soda
  - Other 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 get to the lab a blood sample will be taken (fasting blood glucose) and then you will be asked to drink a cold sweet drink (Glucola 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. Bring something to do as you will have to remain at the facility throughout the entire 3 hours.
- ❖ You may bring a snack to eat after the test is completed.
- ❖ Testing will be completed at our office. If you have not already scheduled an appointment, please call us at 343-2795 to speak with someone in our scheduling department.

**Please follow the instructions above carefully. It is very important not to “diet” before the test as dieting may cause false results.**