

Greenbrier Obstetrics and Gynecology, P.C.

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THREE HOUR GLUCOSE TOLERANCE PATIENT DIET

***Eat at least 300 grams of carbohydrates per day for three (3) days prior to the test. Eat at least the amounts listed on the diet sheet; however, you may eat more than these amounts, and you may eat additional types of food.**

BREAKFAST: Cereal, 1/2 cup, cooked or dry
 Bread, white, one (1) slice
 Skimmed milk, one (1) cup
 Sugar, two (2) full tablespoons

LUNCH: #1 Potato, one (1) medium size, 2-2 1/2 inch diameter
 Vegetable, cooked, one (1) cup
 Dessert, pie, one 4 inch slice of a 9 inch pie, or 2 slices of cake, 8 inch
 diameter
 Sugar, two(2) full tablespoons

#2 Packed lunches may include two meats, cheese, or egg sandwiches,
fruit, cake or cookies, and a candy bar.

DINNER: Follow the same diet pattern as for lunch

This diet is designed to supply the proper amounts of food needed to obtain an

accurate test. It is necessary that you eat at least these amounts.

- **Do not eat after 12 midnight the night before the test is to be performed, or until after the test is completed, except at the direction of the laboratory.**
- **You may have water to drink and water only. Do not drink coffee, tea, sugarless sodas, etc**
- **Do not smoke after 12 midnight the night before the test or the morning of the test.**
- **In the event of unexpected illness, the test must be postponed.**
- **If you cannot keep the appointment, please call (757) 547-4500 to reschedule another appointment.**
- **Arrive at the laboratory by 9:30 a.m. the morning of the test.**
- **The Glucose Tolerance Test lasts for three hours. If you desire, you may bring reading, knitting, or sewing. You will be expected to remain in or near the laboratory until your test has been completed.**
- **If you have any questions, please call the office at (757) 547-4500 and ask to speak with a nurse.**