



DIET PREPARATION FOR 3-HOUR GLUCOSE TEST

YOUR ONE HOUR CLUCOSE SCREENING TEST WAS ABNORMAL. YOU WILL NEED TO DO A 3-HOUR GLUCOSE TOLERANCE TEST AT MUNSON MEDICAL CENTER LAB. A GLUCOSE TOLERANCE TEST CHECKS HOW WELL YOUR BODY RESPONDS TO SUGAR. THIS TEST **MUST** BE DONE AT A TIME THAT ALLOWS YOU TO FOLLOW THE SPECIAL THREE-DAY DIET.

IN ORDER TO DECREASE THE CHANCE OF A FALSELY ABNORMAL RESULT, FOLLOW THE INSTRUCTIONS BELOW:

1. CONTINUE TO EAT REGULAR MEALS AND ALL THE FOODS YOU NORMALLY ENJOY.
2. FOR (3) DAYS BEFORE THE TEST, YOU MUST INCLUDE EXTRA CARBS (AT LEAST 150 GRAMS OR MORE) IN YOUR DAILY FOOD INTAKE. TO MAKE SURE YOU ARE EATING ENOUGH CARBS, YOU MUST CHOOSE EXTRA FOODS.
3. CHOOSE ONE ITEM FROM LIST 1 AND ALSO ONE ITEM FROM LIST 2. EAT THESE FOODS **IN ADDITION TO** THE USUAL FOODS YOU EAT FOR 3 DAYS BEFORE THE TEST.

LIST 1

2 SLICES OF BREAD
2/3 CUP COOKED RICE
1 CUP COOKED NOODLES
2 CORN TORTILLAS

LIST 2

8 TABLESPOONS RAISINS 4 OZ
2 LARGE APPLES
2 SMALL BANANAS
16 OZ ORANGE OR APPLE JUICE

EXAMPLE:

DAY 1 – EXTRA 2 SLICES OF BREAD
10 OZ OF APPLE JUICE

DAY 2 – EXTRA CUP OF NOODLES
10 OZ OF ORANGE JUICE

DAY 3 – EXTRA 2 SMALL BANANAS
2 CORN TORTILLAS

- ON THE THIRD DAY OF YOUR DIET, DO NOT EAT OR DRINK ANYTHING AFTER 10 PM. YOU MAY HAVE SIPS OF WATER.
- PLEASE ARRIVE AT THE CLINIC LAB **NO LATER THAN 8:30 AM.**
- FIRST A FASTING BLOOD SAMPLE WILL BE DRAWN, AND THEN YOU WILL BE GIVEN A SUGARY LIQUID TO DRINK.
- EACH HOUR AFTER THE DRINK, BLOOD WILL BE DRAWN. THIS WILL BE DONE 3 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.