



## INSTRUCTIONS FOR THE THREE HOUR GLUCOLA TEST

Between 24-28 weeks gestation of pregnancy you were given a screening test for diabetes. That test required you to drink 50 grams of carbohydrates and have your blood drawn 1 hour later. The results of that test were elevated. To determine if you have diabetes you need additional testing. That test is called a three-hour glucose tolerance test. This test is performed at the lab not in our office.

For three days prior to your test you will need to eat a diet that includes at least 150 grams of carbohydrates each day. Below is a list of foods that contain approximately 15 grams of carbohydrates. Insure that your daily diet has included 10 items from this list.

½ cup Cereal	1/3 cup Rice	½ cup Pasta	¼ cup Baked Beans
½ cup Corn	½ cup Peas	1- 9in Banana	1 slice Pound Cake
½ cup Fruit Juice	1 Baked Potato	6 Saltine Crackers	1 ¼ cup Strawberries
1 slice Bread	½ Bagel	1 Orange	½ cup Mashed Potato
1 Apple	3 Graham Crackers	1 Pear	¾ cup Blueberries
15 Grapes	1 ¼ cup skim or 2% Milk	½ Protein or Energy Bar	½ cup Mixed Vegetables

For 12 hours prior to the test you must **NOT** eat anything. You may drink water. Please do not smoke or chew gum before your test. When you arrive for your appointment, your fasting blood glucose will be drawn. You will then be given the same drink that you had for the 1-hour test, but this time you will drink the entire bottle (100gms). Your blood will then be drawn at one, two, and three hours after the drink. If you become light headed, nauseated or dizzy please inform the lab personnel.

We will receive your lab results in 2-3 days. To be diagnosed with diabetes two of the four values need to be elevated. If we diagnose you with diabetes, we will call you, refer you to the dietician and/or the diabetic nurse, and have a consultation.

***Remember: do not eat or drink anything the morning of your test. This includes gum and any non-prescription medications. You may have sips of water if needed.***

If you have any questions, please feel free to call our office.

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