THREE HOUR GLUCOSE TOLERANCE TEST

The three hour glucose tolerance test is a test for gestational diabetes. Gestational diabetes is a condition that only surfaces during pregnancy. Like diabetes in a non-pregnant state, it results in abnormal levels of blood glucose (blood sugar). It is usually easily controlled by diet. Despite the ease with which it may be controlled, failure to do so may result in a very poor outcome for the baby. Therefore, it is extremely important that you schedule this test in a timely fashion.

This test does take some preparation on your part. You will need three days to prepare for the test. You will need to allow about half a day for the test to be completed.

We will schedule an appointment for you in our Annapolis office for the test. You need to allow yourself three days prior to your scheduled appointment to follow the attached diet. You should follow this diet to the best of your ability. If you are unable to follow the diet, try to increase your daily carbohydrate intake to 300 grams. The night before the test, do not eat, drink (with the exception of small sips of water), smoke, or chew anything after midnight.

This diet is necessary to achieve the most accurate results. The increased carbohydrates in the diet allow your body time to adjust to the increased glucose in your system. If you don’t follow the diet, or at least increase your carbohydrates, the sugary drink (glucola) might be more of a shock to your system, which would not give accurate results.

On the morning of the test, the lab will draw your blood for a fasting blood sugar; then you will be given a sweet liquid to drink called glucola. Your blood will be drawn 1 hour, 2 hours, and 3 hours after you drink the glucola. When the last blood is drawn, you are finished in the lab. You should be sure to plan on eating after you have finished the test.

It may take up to 5-7 working days for us to receive your final results. We will contact you if these results are abnormal. Remember, that for all the women who take this test, no more than 3% actually end up with the diagnosis of gestational diabetes.

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THREE DAY GLUCOSE TOLERANCE PREPARATION DIET

300 Gram Carbohydrate

INCLUDE:  
2 cups juice  
4 cups milk  
1 cup vegetables  
4 servings of fruit  
6 slices bread  
1 cup cereal  
1 cup potato, rice or noodles  
3 teaspoons sugar or jelly

ADD: Generous servings of meat, fish, poultry, eggs or cheese  
(Margarine, butter, oil, salad dressing, etc., are okay in small amounts.)

SAMPLE MENU:
Breakfast: 1 cup cereal, 1 slice toast with jelly, 1 egg, 1 cup milk, 1 cup juice, 2 teaspoons sugar
Lunch: Sandwich (meat, cheese or peanut butter), salad, banana, milk
Dinner: Meat, 1 cup macaroni and cheese, 1 slice bread, ½ cup vegetables, 1 cup juice
AM Snack: Fruit
PM Snack: Milk and crackers
Bedtime Snack: ½ cup fruit jello, 1 cup milk

Attached are food equivalencies to help you plan your three days of eating.
EQUIVALENCIES FOR 1 SERVING

BREAD PRODUCTS:  
1 slice bread –or–  
1 muffin or biscuit (2” diameter)  
1x 1 ½” cube cornbread  
2 Graham crackers  
20 oyster crackers  
5 Saltines  
3 soda crackers  
6-8 round crackers

CEREAL PRODUCTS:  
½ cup cooked or ¾ cup flaked or puffed

MILK PRODUCTS:  
1 cup milk –or–  
1 cup yogurt  
½ cup ice cream  
½ cup cottage cheese

JUICES:  
½ cup grapefruit juice –or–  
¼ cup grape juice  
½ cup orange juice  
1/3 cup pineapple juice

FRUITS:  
1 x 2”diameter apple –or– ½ small grapefruit  
½ cup applesauce 12 grapes  
2 medium fresh apricots 1 small orange  
4 halves dried apricots 1 medium peach  
½ small banana 1 small pear  
½ cup berries 2 tbsp. raisins  
½ of a 6” diameter cantaloupe 1 cup watermelon  
10 large cherries

VEGETABLES:  
½ cup dry cooked beans, peas, etc., –or– 1/3 cup corn  
1 x 2” diameter potato (baked or boiled)  
½ cup mashed white potatoes  
¼ cup sweet potatoes or yams

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