

## Three Hour Glucose Tolerance Test Instructions

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Your one hour glucose test was reported by the lab as elevated. You will now need to complete another test to confirm the diagnosis of gestational diabetes. This is called the “*three hour glucose tolerance test.*” **A three day diet is required for this test.**

For three days prior to the test, you will need to overload your body with sugar to see how your body is able to handle the excess sugar. You need to follow the diet outlined on the next page. You will choose a breakfast, lunch, dinner and snack for three days. **On the third day, you cannot have anything to eat or drink after midnight.** You may drink water.

Your appointment will be at 9:00 AM. You will see our lab technician for your test. She/he will draw your blood first (fasting level), then give you a sweet drink to consume. She/he will then draw your blood each hour for three hours. You cannot eat anything during the test. We will have your test results in 1-2 days.

If your test results are abnormal, you are given the diagnosis of Gestational Diabetes. We will refer you to the Diabetes Resource Center for education on diet and checking your blood sugar levels. Gestational Diabetes is unique to pregnancy and usually resolves after delivery. You will be required to take a two hour glucose tolerance test about 6-8 weeks after delivery to confirm the diabetes has resolved.

**300 GRAM CARBOHYDRATE DIET \***  
**( 3 DAYS PRIOR TO GLUCOSE TOLERANCE TEST)**

To be sure you have 300 grams of Carbohydrate each day for the 3 days prior to your glucose tolerance test, some sample menus are provided. Each day select one of the breakfasts, one of the lunches, one of the dinners and one evening snack from the categories below. Each of the menus within a particular category has approximately the same number of grams of carbohydrate. Therefore it is important to select one menu from each category each day. Do not omit items unless "if desired" is shown beside the item.

SELECT ONE OF THESE BREAKFASTS EACH DAY

SAMPLE BREAKFAST:

1/2 Cup Fruit Juice  
3/4 cup Sugar Coated Cereal  
Banana or 1/4 cup Raisins  
1 cup Milk  
Coffee w/cream if desired  
2 Teaspoons Sugar

1/2 cup Fruit Juice  
1 cup Oatmeal or Cream of Wheat  
1 slice toast  
1 Tablespoon Jelly  
1 cup Milk  
4 teaspoons sugar  
Oleo on Toast if desired

1/2 cup Fruit Juice  
2 Pancakes (approx. 4")  
2 Tablespoons Syrup  
Bacon, Sausage if desired  
Oleo, if desired  
Coffee w/cream if desired  
2 Teaspoons Sugar

1/2 cup Fruit Juice  
1/2 cup Grits  
1 Slice Toast  
1 Tablespoon Jelly  
Egg and Bacon, Sausage or Ham if desired  
Coffee w/cream  
1 cup Milk  
3 Teaspoons Sugar Salt & Pepper if desired

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SELECT ONE OF THESE LUNCHES EACH DAY

3/4 Cup Cream of Tomato Soup  
Chef Salad if desired  
6 Crackers  
1/2 Cup Pudding  
Tea or Coffee with 4 tsp. Sugar

8 oz. Beef Stew  
4 Crackers  
Tossed Salad/Dressing of desire  
1/2 Cup (4 ozs.) Apple Cobbler  
Tea or Coffee with 4 tsp. Sugar

3 ozs. Pork Chop or other Meat  
1/2 Cup Mashed Potato or Rice  
Vegetable  
2 Rolls or Corn Muffins  
1/2 Cup Pudding or Custard  
Oleo on Roll if desired  
Tea or Coffee with 3 tsp. Sugar

3/4 Cup Cream of Chicken Soup  
Sandwich on 2 Slices of Bread  
1 Small Bag Potato Chips or Corn Chips  
Fresh Fruit - 1 piece  
Tea or Coffee with 4 tsp. of Sugar

\* The hospital's regular diet which averages approximately 225 - 270 grams of Carbohydrate will be used as a basis for this three day preparatory diet. Sufficient additional starches, fruits, desserts, etc. will be included to ensure a minimum of 300 grams of Carbohydrate.

SELECT ONE OF THESE DINNERS EACH DAY

SAMPLE DINNERS:

3 ozs. Turkey with 1/2 cup Dressing  
2 Tablespoons Cranberry Sauce  
Vegetable if desired  
Congealed Fruit Salad  
1 Roll or Corn Muffin  
1/6th of a 9" pie  
Tea or Coffee with 3 tsp. Sugar  
Salt & Pepper if desired

3 ozs. Roast Beef (or other meat with gravy)  
Vegetable if desired  
Tossed Salad if desired  
2 Rolls or 2 Corn Muffins  
Oleo if desired  
1 Piece of Cake with Icing (approx. 3" x 3" x 2")  
Tea or Coffee with 4 tsp. Sugar  
Salt & Pepper if desired

1 Large or 2 small pieces Fried Chicken  
1/2 cup Rice or Potato  
1/2 cup Vegetable  
1/2 cup Fruit Salad  
2 Rolls or Corn Muffins  
3/4 Cup baked Custard  
Tea or Coffee with 4 tsp. Sugar

Hamburger on Bun  
Mustard, Ketchup, Lettuce, Onion, Pickles, Tomatoes  
etc. if desired  
French Fries (20 pieces approx) 1/2" x 1/2" each  
Milk Shake - 12 oz.

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SELECT ONE OF THE SNACKS EACH DAY

SELECT BEDTIME SNACKS:

3 Cups Popcorn  
(measured after popping)  
12 oz. Carbonated Beverage  
(not dietetic type)

3/4 Cup Corn Flakes  
4 Teaspoons Sugar  
1 Cup Milk  
1 Large Banana

1 Cup (8 ozs.) Chocolate Ice Cream  
3 Sugar Cookies (approx. 3" diameter)

10 Vanilla Wafers  
1 Cup Milk  
2/3 Cup Regular Canned Peaches, Fruit Cocktail  
or Pears