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Guidelines for Adding Extra Carbohydrate to Meals for Three Days before Glucose Tolerance Test to Insure a Valid Result:

Continue to eat regular meals and all the foods you normally enjoy. For three days before the test you must include at least 150 grams or more of carbohydrate in your daily food intake. To make sure you are eating enough carbohydrates, you must choose extra foods.

Choose one item from **LIST 1** and also one from **LIST 2**. Eat these foods in addition to the usual amounts you eat for three days before the test.

LIST 1

2 slices of bread
1 cup of cooked rice
1 cup of noodles cooked
2 corn tortillas

LIST 2

10 ounces of apple juice
8 ounces of grape juice
2 small bananas
16 ounces of orange juice

Example: Day 1 -----extra

2 slices of bread
10 ounces of apple juice

Day 2 -----extra

1 cup of noodles
16 ounces of orange juice

Day 3 -----extra

2 small bananas
2 corn tortillas

Scheduling of the appointment for your glucose tolerance test.

You or your doctor must call the laboratory to make an appointment for the glucose tolerance test.

DO NOT EAT, DRINK, or chew gum after 10 p.m. the evening before the test. You must arrive for the test fasting.

Your blood will be drawn on arrival (fasting). Then you will be given a glucose solution to drink. Blood will be drawn three more times at 1 hour, 2 hour, and 3 hours after drinking the glucose.

DO not smoke or eat during the test.

**** If you are unable to eat your usual diet, please call us.**

****Maintain your usual activity level on the days preceding the test.**

After your test is completed, you **must eat as soon as you leave the office** as this will keep your blood sugar from getting too low. This should be a real meal.