

GUIDELINES FOR 3 HOUR GLUCOSE TOLERANCE TEST

1. Continue to eat regular meals and all the foods you normally enjoy.
2. For three days before the test, you must include at least 150 grams of carbohydrates in your daily food intake. To ensure you are eating enough carbohydrates, you must choose extra foods.
3. Choose one item from List 1 and one item from List 2.
Eat the foods in addition to the usual amounts you eat for three days before the test.
You do not have to eat the food all at once, as long you eat a total of one item from each list each day.

List 1

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

List 2

10 oz. of apple juice
8 oz. of grape juice
2 small bananas
16 oz. of orange juice

Example

Day 1....extra 2 slices of bread
10 oz. of apple juice
Day 2....extra 1 cup of noodles
16 oz. Orange juice
Day 3....extra 2 small bananas
2 corn tortillas

4. You must arrive for the test fasting. Please bring your insurance card with you.
Do not eat, drink or chew gum after 10 pm on the evening before the test. A fasting blood sample will be drawn. Then you will be given a glucose solution to drink. Blood will be drawn three more times at 1 hour, 2 hours and 3 hours after drinking the glucose.
Remain seated and do not smoke during the test.
Take a bottle of water with you to drink during testing, if you wish.
Bring a snack to eat at the end of the test.
5. You are responsible for scheduling your test. Please call one of the labs below to schedule a 3 Hour GTT. Please call our office for any questions.
Labcorp – Barrett Dr. (near computer Dr.) – 782-8960
Labcorp – Blue Ridge Rd (near Rex hospital) – 782-7357
Labcorp – Cary – 852-0588
Labcorp – Wake Forest (Capital Blvd) – 570-8302
Labcorp – Wake Forest Rd. (beside Duke Health/RCH) 713-0292
WakeMed – Raleigh Campus – 350-8238
WakeMed – Cary Campus – 350-2370
WakeMed – Clayton – 350-4230 WakeMed – Apex – 350-4329
WakeMed – North – 350-1350 WakeMed – Briar Creek – 350-0956
6. Once you schedule your appointment. Please call the OB nurse and leave a message with the date, time and lab location. (office 781-6200 ext. 3)