

Preparation for Three Hour Glucose Tolerance Test (3 hour GTT)

Your one hour non-fasting glucose tolerance test which screens for gestational diabetes has come back abnormal. Your provider has recommended you be tested with the fasting three hour glucose tolerance test.

How do I prepare for the test?

- For three days prior to the test, you must include at least 150 grams of carbohydrates in your daily diet. Examples of common foods containing carbohydrates and the number of carbohydrates in grams per serving are listed below.

15 g of carbohydrates

1 medium apple
1 medium orange

30 g of carbohydrates

2 slices of bread
½ bagel
1 and ½ cups dry cereal
½ cup cooked beans, lentils, peas, or corn
½ large baked potato
1 banana
1 cup (8 oz) fruit juice
1 cup (8 oz) milk

45 g of carbohydrates

1 cup of cooked rice or pasta

- If you do not eat enough carbohydrates prior to your glucose tolerance test, your results may be abnormal.
- Avoid caffeine, (coffee, tea, soda, chocolate) and tobacco.
- **YOU MUST FAST FOR 8 HOURS PRIOR TO THE TEST!** However, do **not** fast longer than 10 hours since your body may start making its own sugar if you go too long without eating and this may alter your test results. Your test will be scheduled as early as possible in the day.

What should I bring with me on the day of the test?

- Something to read or do while sitting quietly during the test.
- Bottle of water to sip on during testing if thirsty
- Snack to eat AFTER THE TESTING IS COMPLETED

- Please try to make arrangements for child care. The test takes at least 3 hours to complete and we ask you remain in the building during the entire time.

What can I expect during the test?

- First a fasting blood sample will be drawn, and then you will be given a glucose solution to drink.
- Blood will be drawn 3 more times at 1 hour, 2 hours and 3 hours after drinking the glucose solution. It is important that the blood be drawn at exactly one hour intervals, so please be available at the indicated times.
- Do not eat, smoke, chew gum or drink anything other than water during the test.