

## **INSTRUCTIONS FOR 3-HOUR GLUCOSE TOLERANCE TEST**

1. Your healthcare provider has requested you have a glucose tolerance test performed. This requires that you have a stable diet with adequate amounts of carbohydrates for the 3 days prior to the test. This will give your provider a more accurate indication of your glucose metabolism. The following is an example of the type and amount of foods required with high carbohydrate foods shown in bold letters:

### Breakfast:

¾ cup **dry cereal** (not sugar coated) or ½ cup **cooked cereal**  
1 cup lowfat milk  
1 piece of **fruit** or 4 oz. **fruit juice**  
2 slices of **toast** or **bread**, margarine as desired  
Coffee, tea, or water

### Lunch and Dinner

3-4 oz. lean meat, fish or poultry  
1 cup **rice, noodles, potatoes**, or two slices of **bread**  
**6 crackers, 1 dinner roll**, or 1 slice of **bread**  
1 piece of **fruit** or 4 oz. **fruit juice**  
Coffee, tea, or water

2. After the evening meal the day prior to the test, nothing should be taken by mouth except water, i.e., no hard candy, chewing gum, or cough drops. Also, abstain from mild exercise and smoking, as this will alter your rate of glucose metabolism.
3. The test should begin at the laboratory between 0730 and 0830 but no later than 1100. During the test, only water intake is permitted. You must keep your physical activity to a minimum over the entire specimen collection period.
4. During the test any feelings of nausea or dizziness should be immediately reported to the laboratory technician.
5. If you have any questions, please contact the laboratory at 630-4408.