

Glucose/Sugar Testing

3 Hour Tolerance Testing T# 6834

Pre-test preparation: (See example diet on back of this sheet)

For 3 days before the test maintain your normal activity and eat a diet of at least 150-200 grams of carbs per day.

On the night & morning before, **Fast** for at least 12 hours. At the start of the test, you will be asked to give a urine sample.

Next, a fasting blood sample will be obtained, after which you will be given an 100 gram orange flavored glucola drink.

Blood samples will be obtained at **1, 2** and **3** hours after drinking the glucose beverage.

During the test period (between the sample collections) you will need to sit quietly, refrain from eating, smoking, chewing gum or consuming beverages other than water.



How to Fast:

Eat nothing for **12 to 14** hours prior to the sample collection. You may have water during this time but nothing else.

3 Hr Tolerance Sample Menu

Pre-test preparation: For 3 days before the test maintain your normal activity and eat a diet of at least 150-200 grams of carbs per day. The approximate grams of carbs are in parentheses following each menu item. You may feel free to substitute from the list provided.

Breakfast:

- 8 oz. orange juice (20)
- 1 slice toast (15)
- 1 Tbsp jam or jelly (15)
- 1 cup dry cereal (20)
- 8 oz. milk (10)

Mid-Morning Snack:

20 gm carbs from substitution list

Menu

Lunch:

- Meat (your choice)
- 1 medium potato (30)
- 1 serving vegs or salad (10)
- 8 oz. milk (10)

Mid-Afternoon Snack:

20 gm carbs from substitution list

Dinner:

- Meat (your choice)
- 1 medium potato (30)
- 1 serving vegs or salad (10)
- 8 oz. milk (10)

Evening Snack: day 1-2 only, if desired

20 gm carbs from substitution list

Substitutions

10-15 grams:

- | | |
|---------------------|------------------|
| 1 apple | 3 arrowroots |
| 1/2 c blueberries | 1 slice bread |
| 12 grapes | 1 med peach |
| 1 c tomato soup | 1/2 grapefruit |
| 4 vanilla wafers | 1 c plain yogurt |
| 2 c popcorn | 1 c strawberries |
| 8 oz tomato juice | |
| 2 med carrots (raw) | |
| 1/2 c cooked cereal | |
| 8 oz milk (skim ok) | |

20 grams:

- | | |
|------------------------------------|------------------|
| 1 banana | 1 med pear |
| 1 corn-on-cob | 4 oz grape juice |
| 1 hamburger roll | 8 oz OJ |
| 1 c dry cereal (not puffed) | |
| 6 oz. cranberry juice | |
| 3/4 c cream of wheat | |
| 1 c fruit cocktail, (water packed) | |
| 2 whole graham crackers | |

30 grams:

- | | |
|-------------------|----------------|
| 8 oz apple juice | 1 bagel |
| 6 dates | 3 fig newtons |
| 1 c ice cream | 2 slices pizza |
| 1 med potato | 4 prunes |
| 1 cup rice | 1 c spaghetti |
| 1 toaster waffle | |
| 1 sm sweet potato | |

50 grams:

- 1 pc iced cake
- 1 pc pie
- 8 oz prune juice
- 1/2 c raisins
- 1 c fruit yogurt

SPARROW

Regional Laboratories

On the night & morning before the test , **Fast** for at least 12 hours.