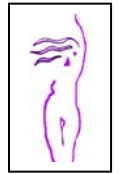


The  
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Obstetrics & Gynecology



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## **PREPARATION FOR GLUCOSE TOLERANCE TEST**

You are scheduled for a glucose tolerance test to determine whether you may have gestational diabetes.

In order for the results of this test to be accurate, you must do the following:

1. 3 days before your test, maintain your normal activities and eat a normal diet. This diet should include three meals and a bedtime snack. Below is a sample menu.
2. The night before your test, take **NOTHING BY MOUTH EXCEPT WATER** after 8:00pm. This means you will have to eat your bedtime snack early (before 8pm) on this day.
3. The day of your test, **DO NOT EAT OR DRINK ANYTHING** (except water), **DO NOT SMOKE, CHEW GUM OR EAT BREATH MINTS.**

**If you do not follow these instructions carefully, and especially if you do not eat enough sugar and starches, your test may result FALSELY DIABETIC.**

**PLAN TO SPEND 3 1/2 HOURS AT THE DOCTOR'S OFFICE ON THE DAY OF YOUR TEST.**

### **SAMPLE MENU FOR GLUCOSE TEST**

#### **BREAKFAST**

1 Egg  
2 slices of toast  
1 cup of milk  
2 tsp. Margarine  
1 cup of orange juice

#### **LUNCH**

1 sandwich with 2 slices of bread and 2 oz meat  
1 Large piece of fruit  
1 cup of milk

#### **DINNER**

meat, fish or poultry  
½ cup of rice, pasta or potatoes  
1 slice of bread or ½ roll  
Salad or cooked vegetables  
1 cup of milk  
1 large piece of fruit

#### **SNACK**

½ sandwich with 1oz of meat  
1 large piece of fruit  
1 cup of milk  
Vegetables

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