



































# 3 Day Dietary Preparation

## for 3 hour 100 g Oral Glucose Tolerance Test

### Getting Ready

- ❖ It is important that you eat at least three meals a day starting three days before the test. The meals should contain lots of starches (carbohydrate foods, such as bread, cereal, pasta, grains, rice, beans, starchy vegetables, potatoes, corn, peas, fruit and fruit juice, milk, yogurt, sweets...)
- ❖ Three days before the test, you must also eat/drink extra carbohydrate calories. Each day, eat 1 of the following in addition to your regular meals:

2 slices of bread  
1 piece of cake  
1 candy bar  
1 can non-diet soda  
Other food equivalent to 30g carbohydrate

### The Night Before Your Test

- ❖ After midnight the night before your scheduled test, do not eat or drink anything besides water.
- ❖ Do not smoke, chew gum and eat cough drops or candy, or take iron or vitamin pills.

### The Test

- ❖ In the morning when you come to your appointment a blood sample will be taken (fasting blood glucose) and then you will be asked to drink a cold sweet drink (Glucola 100 g).
- ❖ Blood samples will then be taken at one hour, two hours, and three hours after you finish the sweet drink. During the test, you are not allowed to eat or drink anything except water.
- ❖ You may bring a snack to eat after the test is completed.

**Please follow the instructions above carefully. It is very important not to “diet” before the test as dieting may cause false results.**



# Log Sheet

Name: \_\_\_\_\_ (H) \_\_\_\_\_ ft/in (W) \_\_\_\_\_ lbs  
 Prepregnancy weight: \_\_\_\_\_

## Blood Glucose Tests

Date/Day	Ketones	Fasting BG	Breakfast 1 or 2 hr post	Lunch Before 1 or 2 hr post	Dinner Before 1 or 2 hr post	HS	Insulin	Comments
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								

### Gestational Diabetes Guidelines

Fasting < 95 mg/dl  
 Before meals 90-100 mg/dl  
 1 hour after meals <130 mg/dl  
 2 hours after meals <120 mg/dl

### Special Instructions

How often to test for ketones \_\_\_\_\_  
 How often to test blood glucose \_\_\_\_\_  
 Date \_\_\_\_\_



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