

### **3-Hour Glucose Tolerance Test Information**

All pregnancy women need to be tested for Gestational Diabetes. This test is called a glucose screening. You may have already completed a one-hour glucose screening. The three-hour test better shows how well your body handles sugar. This is a **FASTING TEST.**

#### **The tests lasts three hours and consists of:**

- Giving a urine sample
- Having an initial blood draw from your arm
- Drinking a sweet liquid
- Having blood drawn from your arm at one, two and three hour intervals after drinking the liquid.

Three days before the test, eat foods that are high in carbohydrates. (This includes potatoes, breads, rice, and pastas.) This makes the test more accurate. We have attached some sample menus.

**\*DO NOT EAT ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR TEST \***

**\*NOTHING TO DRINK BESIDES SIPS OF WATER AFTER MIDNIGHT THE NIGHT BEFORE YOUR TEST \***

#### **During the test:**

- No eating or drinking
- No smoking or gum chewing before or during the test
- Sit quietly in the waiting room. You may bring a book or work to do while you wait.

**Be sure to bring a snack to eat AFTER the test. You may feel weak or shaky after the test.**

## Sample Menus

### Breakfast

1 banana  
2 slices of toast, any kind, with jelly, jam or honey  
2 tbsp peanut butter

1/3 cantaloupe  
1 English muffin with jelly, jam or honey  
1 egg  
1 tbsp reduced calorie margarine if desired

1 bowl Raisin Bran, or other dry cereal with  
1 cup of milk, any kind  
1 biscuit, with sausage, egg or cheese  
1 cup fruit juice

2 pancakes  
1 tbsp reduced calorie margarine  
1 cup light yogurt  
1 cup of fresh fruit, like berries  
Pancake syrup

### Snacks

Milk and cereal  
One of the following: fruit, cheese and crackers, popcorn or pretzels

### Lunch/Supper

#### Wendy's:

1 large chili  
1 side salad with dressing, any kind  
Crackers- at least three packs

#### Subway:

6-inch sub, any kind  
Add vegetables and dressing

**Taco Bell:**

Steak, chicken or veggie Fajita Wrap

**Other options:**

2 slices of medium pizza

Salad with 2 tbsp of any salad dressing

Chicken sandwich

Lettuce, tomato or coleslaw

Small order of fries

1 ½ cups of spaghetti with meat sauce

Tossed salad with dressing

1 piece of Italian bread

3 oz pork chop

½ cup of baked beans

1 biscuit or piece of corn bread

½ cup collards

1 tbsp reduced calorie margarine

3 oz steak or beef patty

1 baked potato, medium size

1 dinner roll

Tossed salad, with salad dressing