

### **3 Day Dietary Preparation for 3 hour 100g Oral Glucose Tolerance Test**

The 3 hour 100g Oral Glucose Tolerance Test (OGTT) is given to determine if you have diabetes during pregnancy. Carefully following the diet instructions below will decrease the possibility of inaccurate results.

#### **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 starched (carbohydrate foods such as bread, cereal, pasta, grains, rice, beans, starchy vegetables, potatoes, corn, peas, fruit, fruit juice, milk, yogurt, sweets...)
- Three days before the test, you must also eat/drink extra carbohydrate calories. Each day, eat one 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
- (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, 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 sugar) and then you will be asked to drink a cold sweet drink. (Glucola 100g).
- Blood samples will 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.**