

ORAL GLUCOSE TOLERANCE TEST

This is a three hour test done to rule out diabetes by showing how well your body handles sugar. It consists of:

- 1) having a sample of blood drawn from your arm,
- 2) drinking a sweet liquid, and
- 3) having a sample of blood drawn one, two, and three hours after drinking the liquid.

This test is done in our lab on Monday - Friday (except holidays) beginning at 8:30 a.m.

To make the test more accurate, we ask that:

- 1) For three days prior to the test, include in your diet foods high in carbohydrates (starches and / or sugars). See the samples below. Choose foods that add up to a least 15 pts. of carbohydrates each of the three days prior to the test.
- 2) Do not eat or drink anything but water from midnight the night before the test until the time of testing. Do not eat, drink, chew gum, or smoke during the test.

Gestational Diabetes is usually diagnosed when two or more values are high. It can usually be managed by a carbohydrate controlled diet and close monitoring of blood sugars for the remainder of the pregnancy. Gestational Diabetes is usually not dangerous for mother or fetus if it is controlled. But if excessive sugar is allowed to occur, this can result in macrosomia (large infants) and potential problems. It is usually not permanent. Normal carbohydrate metabolism is usually achieved by the sixth postpartum week.

FOOD SAMPLES:

POINTS

1 bowl of cereal with milk and sugar	2
1 slice of toast with jelly, jam or honey	2
1 small glass of fruit juice, or fresh or canned fruit	1
1 cup milk	1
1 sandwich (2 slices of bread or bun)	3
1 serving of potatoes or rice	1
1 slice of bread, roll, tortilla, or cornbread	1
1 large serving of casserole (containing noodles, macaroni, or rice)	2