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## THREE HOUR GLUCOLA TEST

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The 3 hour glucose test is done to evaluate how your body is processing sugar and to determine if you have developed Gestational Diabetes (Diabetes of Pregnancy). The test requires a total of four blood draws.

In preparation for the 3 hour glucose tolerance test, you need to follow these instructions:

For three days, eat a diet that contains at least 150 grams of carbohydrates each day. This can be accomplished by eating the following along with your protein and vegetable choices:

- 1 cup pasta
- 2 servings of fruit
- 4 slices of bread
- 3 glasses of milk

This is not a low-calorie or restrictive diet.

- You may eat as much as you want.
- You may substitute any of the above items as long as it has the same carbohydrate value.
- Be sure you eat a minimum of 150 grams of carbohydrates each day.

For 8 hours before the test, you should not eat or drink anything but water. The test is usually done in the morning at the laboratory.

First a blood sample will be drawn to measure your fasting blood sugar level. Then you will be asked to drink a full bottle of a glucose drink (100 grams). Finally, blood samples will be drawn every hour for three hours after the glucose drink has been consumed.

If you have not received any notification on your results within 72 hours, please call out office at (214) 369-1203.

You will pick up a lab sheet in our office and then go to the lab to begin the testing.

Thank you!

**8160 Walnut Hill Ln, Ste 100 Dallas, TX 75231 ♦ Phone: (214)369-1203 ♦ Fax: (214)369-0586**