

DOCTORS EICHENLAUB AND MAY

Obstetrics & Gynecology

John J. Eichenlaub, MD · Dorothy C. May, MD · Cheri Gard, CNM, CRNP · Lisa Leitzell, CRNP
2128 Embassy Drive · Lancaster, PA 17603 · 717.509.5090 · Fax 717.509.5078

Preparing for your 3 hour Glucose Tolerance Test

Your blood sugar level following the 1 hour glucola screening was _____ mg/dL. Because this value is higher than normal, we have scheduled a 3 hour glucose tolerance test, which is a more sensitive screening test. A 3 hour glucose tolerance test is similar to the first screening test, but it takes longer and requires some preparation.

Your test is scheduled for _____ am on ___/___/___ at _____.

Two days before your test

- ⤴ It is important that you eat at least 3 meals a day starting 2 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...)
- ⤴ Please follow the included diet (see reverse).

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 day of your 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 1, 2, and 3 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.

A nurse from our office will call you with your results when they are available. If none or only one of the four glucose levels are elevated, you do not have gestational diabetes. This will be the case for about 75% of women who take the 3 hour glucose tolerance test. If two or more of the glucose levels are elevated and you are diagnosed with gestational diabetes, we will contact you to initiate a treatment plan. We will refer you to a registered dietician who will teach you how to manage your diet, monitor your blood glucose, and help you manage your pregnancy through delivery.

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