

GENERATIONS

OB + GYN

PROVIDING EXCELLENCE IN WOMEN'S HEALTHCARE

THREE HOUR GLUCOSE TOLERANCE TEST

Continue to follow a regular, unrestricted weight maintenance diet for three consecutive days before the glucose tolerance test. The diet must contain **AT LEAST** 150 gms of carbohydrates each day. Failure to consume at least 150 gms of carbohydrates (CHO) each day may lead to inaccurate test results. Recommendations for providing adequate amounts of carbohydrates are as follows:

Choose the number of servings from the Food Groups of your choice to equal or exceed 150 gms of carbohydrates.

FOOD GROUPS

(Each food listed equals one serving)

Fruit (15 gms CHO/serving)

1 fresh medium fruit
½ cup canned fruit
½ cup fruit juice
¼ cup dried fruit

Starch (15 gms CHO/serving)

½ cup cooked pasta, cereal, potato, or starchy vegetable
(e.g. corn, lima beans)
⅓ cup cooked rice or dried beans
¾ cup dried cereal
1 slice bread
½ English muffin, bagel or bun

Milk (12 gms CHO/serving)

1 cup skim or ½% milk
8 oz. yogurt

Vegetable (5 gms CHO/serving)

½ cup cooked vegetable
½ cup raw vegetable
½ cup tomato or vegetable juice

Fat (as desired)

Oil, margarine, mayo or salad dressing

Meat (as desired)

Poultry, meat, cheese, cottage cheeses, tuna, egg or egg substitute & peanut butter

Example:

Food Group	Minimum Servings/Daily
Fruit	3 servings = 45 gms carbohydrates
Starch	6 servings = 90 gms carbohydrates
Vegetable	1 serving = 5 gms carbohydrates
Milk*	1 serving = 12 gms carbohydrates
Meat	as desired = 0
Fat	as desired = 0
	152 gms of carbohydrates

*Note: If milk is not tolerated, choose at least 1 more serving from either the fruit or starch group.

- The patient should fast after the evening meal the night before the test
(fasting for more than 10 hours, but less than 16 hours)
- The test should be done in the morning before the patient has exercised
- The patient should not smoke, exercise, chew gum, mints or candy during the test
- The patient may have one glass of water two hours after the glucose is taken

To Schedule Lab Appointment call (800) 328-8542

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