



THREE-HOUR GLUCOSE TOLERANCE TESTING

Your one-hour glucose-screening test was abnormal. You will need to schedule a three-hour glucose tolerance test with our office. A glucose tolerance test checks how well your body responds to sugar. The one-hour testing requires no preparation, but the THREE-HOUR GLUCOSE TOLERANCE TEST needs to be scheduled at a time that allows you to follow the special three-day diet prior to this testing. Please call the office to schedule the testing.

In order to decrease the chance of a falsely abnormal result, please follow the instructions below:

1. Continue to eat regular meals and all the foods you normally enjoy.
2. Maintain your usual activity level on the days preceding the test.
3. For three days before the test you must include extra carbohydrates (at least 150 grams or more) in your daily food intake. To make sure you are eating enough carbohydrates you must choose extra foods.
4. Choose one item from List 1 and also an item from List 2. Eat these foods in addition to the usual foods you eat for three days before the test.
5. On the third day of your diet, eat nothing (not even toast) and drink nothing but sips of water after 10:00 p.m. and until the test is over in the morning.

LIST 1

2 slices of bread
2/3 cup of cooked rice
1 cup cooked noodles
2 corn tortillas

LIST 2

8 tablespoons (4 oz.) raisins
2 large apples
2 small bananas
16 oz. orange or apple juice

EXAMPLE

Day One

Extra 2 slices of bread
16 oz. apple juice

Day Two

Extra 1 Cup of noodles
16 oz. orange juice

Day Three

Extra 2 small bananas
2 corn tortillas

Please arrive at the office no later than 8:30 a.m.

First, a fasting blood sample will be drawn, then you will be given a sugary liquid to drink. Each hour after the drink, blood will be drawn. This will be done three times. It is important that the blood be drawn at exactly one-hour intervals, so please be available at the indicated times.

Please bring something to read or to do while quietly sitting, until the test is over.

Do not eat, smoke or drink anything except water during the test. Sips of water should be taken only if you are very thirsty.

After the last blood sample has been drawn, you may leave the office and have your breakfast or lunch.

Please call either office with any questions.

Magnificent Mile Location
625 North Michigan Avenue, Suite 210
Chicago IL 60611
312.670.2530



River Forest Location
345 Ashland Avenue
River Forest, IL 60305
708.488.0072

www.nyepartners.com