



Billings Clinic Affiliate

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Information for Patients and Family

INSTRUCTIONS FOR GLUCOSE TOLERANCE TEST

YOU HAVE HAD AN ABNORMAL SCREENING TEST. The one-hour blood sugar screening test that you had was higher than normal. MOST PEOPLE with abnormal screening tests DO NOT HAVE A PROBLEM with their blood sugars, but we need to do a more complete test to confirm this.

If you are PREGNANT and this test shows that you have elevated sugar levels, you are at risk for problems with your pregnancy. Sugar levels can be controlled, either by changes in your diet or by using medication.

THE GLUCOSE TOLERANCE TEST: Your test is scheduled for _____.

To prepare for the test, we recommend that you eat extra carbohydrates for three days before the test. For these three days, eat regular meals and all the food you normally eat. In addition, eat one item from List A and one item from List B each day.

List A

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

List B

12 ounces of apple juice
9 ounces of grape juice
1 large banana
2 large oranges

Do not eat or smoke or drink anything but water after 8 pm the evening before the test. The test will start with a blood sample. You will then drink a fluid high in sugar (glucose). You will have blood samples taken one, two, and three hours after the drink. You may only drink water during the test. (You may want to bring a lunch or snack with you to eat after the test.)

REMEMBER: Do not eat or drink anything except water and do not smoke after 8 pm the night before your test until the test is over. You must **NOT** drink coffee, tea, diet drinks, or juice. Also, do not chew gum and do not take any nonprescription medication.