

## Preparation for Glucose Tolerance Test (3 hour GTT)

You are scheduled for a glucose tolerance test to determine whether or not you have diabetes.

To obtain accurate results, you must do the following:

1. For at least three days before your test, maintain your normal activities and eat a normal diet. This diet should include three meals and a bedtime snack on each of the three days. A sample menu appears below to help you know how much to eat each day.
2. On the night before your test, take **Nothing by mouth except water** after 8:00 p.m. This means you will have to eat your bedtime snack early (before 8:00 p.m.) on this day.
3. On the day of your test **Do not eat or drink anything** (except water), **Do not smoke, do not chew gum** (not even sugarless gum). **Do not use breath mints.**

If you do not follow these instructions carefully, and especially if you do not eat enough sugars and starches for the three days before your test, your results may be **FALSELY DIABETIC.**

### **SAMPLE MENU**

#### **Breakfast**

1 egg  
2 slices of toast  
1 cup of milk  
2tsp. margarine  
1 cup orange juice

#### **Lunch**

Sandwich with 2 slices of bread and 2 ounces of meat  
1 large piece of fruit  
1 cup of milk  
vegetable

#### **Dinner**

Meat, fish, or poultry  
½ cup of rice, noodles, pasta, or potato  
1 slice of bread or ½ roll  
salad or cooked vegetable  
1 cup of milk  
1 large piece of fruit

### **Snack**

½ sandwich with 1 ounce of meat

1 large piece of fruit

1 cup of milk

**Note:** If do not eat AT LEAST this much food (especially the starches and fruit) on each of the 3 days before your test, your test results may be **FALSELY DIABETIC.**