3 HOUR GESTATIONAL DIABETES TESTING

INSTRUCTIONS

You recently had a rapid glucose screen. The purpose of this test was to find out if your blood sugar was elevated. Your test did show an elevation of your blood sugar. This does not necessarily mean that you have gestational diabetes, however further testing is advised. A three hour glucose tolerance test is recommended. This information is necessary to help rule out gestational diabetes and maintain a healthy pregnancy.

Three days prior to your glucose tolerance test, you will be eating more carbohydrates than usual. This is called a carbohydrate loading diet. This diet is required to determine how your body manufactures sugar. The additional 150mg of carbohydrates per day can be obtained by eating the following in addition to your normal diet:

4 servings of milk or milk product ( 8 oz servings)

4 servings of bread or starch (1 slice of bread counts as 1 serving or ½ cup of rice, pasta, potato.)

3 servings of fruit (½ cup of fruit juice counts as one serving or small apple, orange, etc.)

You should not have anything to eat or drink after midnight the night before the test. The total time that you will be at tour office is approximately 4 hours. You may want to bring a snack and a drink with you to eat after the test.

To schedule an appointment for the 3 hour GTT (fasting) please call our office( 770-422-8505) and schedule a 9 am nurse visit. This test can be done at our Church Street or West Cobb location.