

North Texas OB-GYN Associates

Obstetrics, Gynecology, and Infertility

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Instructions for your Glucose Test

Congratulations you have now reached your third trimester!

Pregnant women can develop a condition known as Gestational Diabetes (diabetes brought on by pregnancy) which can pose a risk to both mother and baby. A glucose tolerance test is a common type of testing for potential gestational diabetes. This test will diagnose whether diabetes exists.

A few important things to remember for this test:

- This is **NOT** a fasting test however, **do not** eat or drink anything high in sugar.
- Please drink your drink 30 minutes prior to your appointment time.
- Your drink must be finished within 5 minutes and is better refrigerated.
- Remember the time that you finish your drink and upon check in let the front desk know. Your blood has to be drawn **ONE HOUR** from the time you finish your drink so it is very important you remember as this may result in you having to take the test over.

Below is a list of recommended foods to eat the day of your appointment:

- Whole wheat toast
- Peanut butter
- Eggs
- Salad w/ low fat dressing
- Grilled chicken
- Whole grain rice
- Milk/ Water

Below is a list of foods **NOT** to eat the day of your appointment:

- Juice/ Soda
- Candy
- Ice cream/shakes/slushies
- White bread
- White rice
- High in sugar (fructose) cereal (Lucky Charms, Fruity Pebbles, Frosted Shredded Wheat, etc...)