

Your doctor has requested the test(s) marked [√]. In order to produce a meaningful laboratory test result, you must follow these instructions.

[ ] **Lipids (Chol, Trig, HDL)** – Do not eat or drink (except water) for 10 hours before this test. Blood collection in the morning is recommended.

[ ] **Glucose fasting-** Do not eat or drink (except water) for 10 hours before the test. Blood collection in the morning is recommended.

[ ] **Glucose 2 hours post meal** – You must have your blood taken exactly 2 hours from the beginning of a meal.

- Eat a substantial meal and note the time of your first mouthful of food. The meal is ideally completed within 20 – 25 minutes.
- After completing your meal, do not eat or drink anything until after you have had your blood taken. Come to the laboratory 5 – 10 minutes early.

[ ] **GTT (gestational diabetes confirmation) \*\***

[ ] **GTT (non-pregnant) \*\***

- Do not eat or drink (except water) for 10 hours before your blood test. You will be required to remain at the lab for the duration of the test

\*\* Unless your doctor has directed otherwise, follow an unrestricted diet (*including 150 grams of carbohydrate per day, see attached chart*) and unrestricted activity for three (3) days before the test.

\*\* Some people may feel faint **after** these tests. Please bring yourself a small snack to eat **after** the test. Suggestions: crackers and cheese, granola bar, fruit, fruit juice, etc.

**NOTE:** Follow your doctor's instructions if they are different from the above.

**Diabetics:** Follow your doctor's instructions regarding your diet.

### Carbohydrate Food List \*

Food	Amount	Carbohydrates (grams)
Apple	1	20
Banana	1	26
Beans, dry, cooked	1 c	39
Beef, ground	3 oz	0
Bread	1 slice	13
Broccoli	1 c	8
Butter	1 tbsp	Trace
Carrot	1	7
Cereal	1 c	19
Cheese	1 oz	1
Cod	3 oz	0
Coffee/Tea	1 c	0
Cookie (gingersnap)	1	5
Egg	1	1
Fruit Juice	1 c	29
Grapefruit	1/2	13
Ice cream	1/2 c	16
Jam/Jelly	1 tbsp	14
Milk	1 c	11
Muffin/Doughnut	1	18
Noodles/Pasta, cooked	1 c	37
Orange	1	16
Peanut Butter	1 tbsp	3
Peanuts, roasted	1 c	27
Pie, fruit	1/8 pie	44
Potato, baked	1	33
Raisins	1/2 c	56
Rice, cooked	1 c	50
Soup, minestrone	1 c	14
Sugar/Syrup	1 tbsp	12
Tomato	1	6
Waffle, 7 inch	1	28
Yogurt, plain	4 oz	8
Zucchini, cooked	1 c	7