

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 8-10 hours before this test. Blood collection in the morning is recommended.

Glucose fasting- Do not eat or drink (except water) for 8-10 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 8-10 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 |