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## Diet For Diabetes Test

Drawn at special laboratory sites, call office for specific information.

### Patient instructions for the Glucose Tolerance test

1. For three days before the test a high carbohydrate diet is required to obtain best results. At least 150 grams/day is required but 300 grams/day is preferred. If you are taking any of the following; diuretics, anticonvulsants, salicylates or hormones, ask your doctor if he wants to make any temporary changes or adjustments in your dosage prior to this Glucose Tolerance test.

2. The night before the test is being done, abstain from food and liquids for at least 12 hours, but no more than 16 hours (before the start of the test). smoking and exercise are not permitted during this fasting period. the patient Must not be ill or have undergone physical trauma for 2 weeks prior to the test.

3. The Glucose Tolerance test will require 3 to 5 hours, depending on the physicians order. Any other blood test needed can also be done at this time.

4. Small amounts of water may be taken during the test.

Milk or milk products:

Food high in Carbohydrates

Fruits:

Cereals and Bread:

Breakfast:

Milk (2 to 3 cups daily), milk in all forms such as ice cream, cheeses, egg nog, milk shakes

5 or more servings of citrus fruit or tomato daily (fresh frozen or canned)

5 or more servings of vegetables in addition to potatoes. green or yellow vegetables, raw or cooked.

Meal examples

Breakfast:

Fruit or fruit juice

Cereal, cream & sugar egg or bacon

Toast with butter beverage w/ cream & sugar

Lunch:

Soup

Meat

Vegetables salad

Bread w/ butter

Beverage w/ sugar dessert

Dinner:

Meat

Potato

Vegetables salad

Beverage w/ sugar dessert