

Yale University Health Services
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Instructions for Three Hour Glucose Tolerance Test

1. On each of the **two** days before the day of the test, eat **two** servings of refined sugar foods, i.e. candy bar, soda pop (12 ounces), Icing on cake, pie filling, large serving of ice cream. Any one of these examples should equal **one** serving.
2. Fast after 8:00pm the night before you test. Must be 12-hour duration before testing. You may drink water if you are thirsty.
3. Obtain you lab slip from the ob/gyn dept and then go to the lab.
4. You will have a “Fasting” blood sample drawn.
5. Receive 100 mg of Glucose beverage to drink
6. Have blood samples drawn, at one, two and three hours after drinking the glucose beverage. Plan to spend your waiting time at YUHS.