

Barrington Obstetrics & Gynecology Associates

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CARBOHYDRATE MEAL PLAN

Your one-hour glucose-screening test was abnormal. You will need to schedule a three-hour glucose tolerance test with a clinical laboratory. A glucose tolerance test checks how well your body responds to sugar. This test must be scheduled at a time that allows you to follow the special three-day diet. Please call the lab ahead of time to schedule your appointment.

Please include 10 (ten) or more of the following foods EACH DAY in addition to your regular food, for the three days prior to your three hour blood test.

(You may eat the same food item more than once each day)

½ cup cooked cereal	½ bagel
½ cup potatoes or 1 small baked potato	3 graham cracker squares
½ cup peas, corn or beans	1 small muffin
½ cup squash or sweet potatoes	1 frozen waffle
½ cup cooked pasta	2 4inch pancakes
1/3 cup cooked rice	1 flour tortilla
1 slice bread	1 piece of fresh fruit
1 dinner roll or ½ hamburger bun or ½ hotdog bun	½ cup canned fruit
	½ cup fruit juice

DO NOT EAT OR DRINK AFTER 12am THE NIGHT BEFORE THE TEST.

DO NOT EAT OR DRINK THE MORNING OF THE TEST

(EXCEPTION- YOU MAY DRINK WATER)

Please feel free to call our Nurses with any questions regarding this plan.