



What is the 3 hour Glucola test? This test will help us know if you have diabetes in pregnancy. People who have an elevated 1hr Glucola need to complete a 3hr Glucola test.

How do I schedule the 3 hour Glucola test? For best service, please call the central UMH-Sparrow lab schedule line; 517-371-9500 to schedule. Let the operator know you are an Alliance OB/GYN patient and need to schedule a 3 hour glucose tolerance testing at the Alliance location.

What do I need to do leading up to the 3 hour test?

- Prior to this blood draw you will need to high carb diet for 3 days. This is important so test results will be reliable. Follow the sample diet below. You can eat additional food, although please do not delete any portions.
- On the day of the blood draw, fast for 12 hours before the blood draw appointment. This means no food, no liquids, no tea, no coffee, no smoking and no gum for 12 hours before. Water is allowed. Do not fast for more than 16 hours.
- You should take any medications on the same schedule prescribed by your physician, such as blood pressure or heart medication. Do not take any over-the-counter medications for 12 hours before the test, such as cough or cold preparations, vitamins, aspirin, etc.
- All testing begins the morning after a night's sleep (i.e. no working the night before).
- You will need to submit a urine sample when you arrive to the lab for testing

Sample Menu:

Be sure to eat 150-200 grams of carbohydrate for 3 full days before the test. The approximate grams of carbohydrate are in parentheses following each menu item. You may feel free to substitute from the list on the following page. This sample diet is only used as preparation for the 3 hour test and not to be confused with a diabetic diet.

Breakfast:

- 8 oz. orange juice (20)
- 1 slice toast (15)
- 1 tbsp. jam or jelly (15)
- 1 cup dry cereal (20)
- 8 oz. milk (10)

Mid-morning Snack:

- 20 grams carbohydrate from list below

Lunch:

- 1 sandwich (30) 8 oz.
- Wheat Thin crackers (10)
- 8 oz. milk (10)

Mid-afternoon Snack:

- 20 grams carbohydrate from list below

Evening Meal:

- meat (your choice)
- 1 medium potato (30)
- 1 serving vegetables or salad (10)
- 1 pear (20)
- 8 oz. milk (10)

Evening Snack: If desire (day 1-2 only)

- 20 grams carbohydrate from list below

SUBSTITUTIONS:

10-15 grams	20 grams	30 grams	50 grams
1 apple	1 banana	8 oz apple juice	1 piece of iced cake
3 arrowroots	1 corn-on-cob	1 bagel	1 piece of pie
½ cup blueberries	1 cup dry cereal	6 dates	8 oz. prune juice
1 slice bread	6 oz cranberry juice	3 Fig Newtons	½ cup raisins
2 med. Carrots (raw)	¾ cup Cream of Wheat	1 cup ice cream	1 cup fruit yogurt
½ cup cooked cereal	1 cup fruit cocktail (in water)	1 medium potato	
½ grapefruit	1 whole graham crackers	1 small sweet potato	
12 Grapes	4 oz grape juice	4 prunes	
8 oz milk (skim)	1 hamburger roll	1 cup rice	
1 medium peach	1 medium pear	1 cup spaghetti	
2 cups popcorn	8 oz orange juice	2 toaster waffles (Eggs)	
1 cup strawberries		1 slice pizza	
8oz tomato juice			
1 cup tomato soup			
1cup plain yogurt			
4 vanilla wafer			