



Glucose Tolerance Testing Preparation/Instructions

Before Test

1. Maintain normal activity and eating habits for 3 days prior to testing unless otherwise instructed by your physician.
2. Eat a balanced diet that contains at least 150-200 grams of carbohydrates per day for 3 days before the test. Fruits, breads, cereals, grains, rice, crackers, and starchy vegetables such as potatoes, beans, and corn are good sources of carbohydrate.
3. Tell your health care provider about all prescription and nonprescription medicines you are taking. You may be instructed to stop taking certain medicines before the test.
4. You must **NOT EAT OR DRINK** anything (except small amounts of water) for at least 8-12 hours before your test.
5. No alcoholic beverages for at least 24 hours prior to testing.
6. You should bring a book to read or another quiet activity to occupy your time during the procedure. A 1 HR Tolerance Test will take approximately 2 hours; a 2 HR test – 3 hours; a 3 HR test - 4 hours, etc.

During Testing

1. No smoking, gum chewing, eating or drinking.
2. You may walk around during the intervals between specimen collections but no strenuous activity. We cannot allow you to leave the clinic grounds.
3. A urine specimen may be needed with each blood specimen collection.
4. Usually there are no side effects, but if you experience any lightheadedness, nausea, etc., these should be reported to the lab staff.
5. Soon after arrival at the laboratory, you will have a blood sample drawn for your baseline test (and a urine specimen collected if necessary). Once the blood test is obtained you will be given a sweet drink (glucose solution). You should consume the sweet drink (glucose solution) within **5 minutes** after receiving it. Blood (and urine) will then be collected at ½ hr, 1hr, 2hr, etc., for the designated number of hours your tolerance test is scheduled. Normal activity may be resumed when testing is completed.

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| Oregon Medical Group Adult Medicine 920 Country Club Road; Eugene, OR | Oregon Medical Group Southtowne Family Medicine 1835 Pearl Street; Eugene, OR |
| Oregon Medical Group Center for Women's Health 330 Garden Way; Suite 220; Eugene, OR | Oregon Medical Group at Thurston 5781 Main Street; Springfield, OR |
| Oregon Medical Group Crescent Family Medicine 2830 Crescent Ave; Eugene, OR | Oregon Medical Group West Eugene Medical Clinic 4135 Quest Drive; Eugene, OR |
| Oregon Medical Group Garden Way Medical Clinic 330 Garden Way; Suite 330; Eugene, OR | Oregon Medical Group Westmoreland Family Medicine 1650 Chambers Street; Eugene, OR |