

Gestational Diabetes Testing:

One-hour glucola test

You will be asked to take the one-hour glucola test between 24 and 28 weeks of your pregnancy. It is a screening test for gestational diabetes. As a screening test, it is used to determine which patients are at risk for gestational diabetes and need the 3-hour glucose tolerance test. It is not necessary to fast for the one hour test.

Three-hour glucose test diet

If your one-hour test shows that you need to take the 3-hour test (a level of 130 or above), schedule an appointment at Quest lab or Hunter lab for a 3-hour glucola test. Once you have made the appointment, you may be asked to follow a special diet for the 3 days prior to the test. After following the diet, you may have nothing to eat or drink other than water for the 12 hours before your testing.

The special diet is a 150 gram carbohydrate diet. You will need to eat at least this many carbohydrate foods for 3 days prior to taking the glucose tolerance test. You may add extra carbohydrate foods if necessary. The * indicates carbohydrate containing foods. You may make substitutions but you may not omit carbohydrates. If the meals are too large, you may use part of each meal allotment for snacks. You must schedule the test at the laboratory prior to starting the diet and taking the test.

BREAKFAST

- * 2 slices of toast or 1 1/2 cups of cereal or 1 English muffin
- * 1 cup of low fat milk or nonfat milk
- 2 eggs or 2 oz. cheese or 2/3 cup cottage cheese
- 2 teaspoons margarine or butter
- 1/2 cup fruit

LUNCH

- * 2 slices bread or 1 cup rice or 1 cup pasta
- 3 oz. of meat, fish, poultry, or cheese
- * raw vegetables/salad
- 1 or 2 teaspoons mayonnaise, margarine, or salad dressing
- 1 piece fresh fruit
- * 8 oz. of low fat or nonfat milk

DINNER

- 4 oz. cooked meat, fish, or poultry
- * 1 medium potato or 1 cup rice or 1 cup pasta or 2 slices bread
- * cooked vegetables
- * green salad with 1 tablespoon of dressing
- 1 teaspoon butter or margarine
- * 8 oz. of low fat or nonfat milk

For anyone who cannot drink milk, you may substitute one of the following foods:
8 oz. plain yogurt or 4 to 6 crackers

Fast for 12 hours before your appointment. You may have water only.