

WOMEN'S HEALTH PARTNERS, LLC

DIPLOMATES OF THE AMERICAN BOARD OF OBSTETRICS & GYNECOLOGY

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ADULT GLUCOSE TOLERANCE PREPARATORY DIET

-) This diet must be followed for 3 days prior to the day of your Glucose Tolerance Test (G.T.T.).
-) The GTT measures your body's ability to use CARBOHYDRATES properly. For the test to be valid (correct), the CARBOHYDRATE intake must be at least 290 grams each day.
-) Protein (meats, fish, cheese, etc.) and FATS (margarine, oils, nuts, etc.) may be used in normal amounts.
-) This diet pamphlet includes a list of commonly used CARBOHYDRATE foods and the average amount of CARBOHYDRATE GRAMS in each.
-) You can plan your daily intake of CARBOHYDRATE foods from the list provided. A sample menu is planned for you. (See page 2)

Your test will be scheduled for 8:45 a.m. on: _____

Do not eat or drink anything after midnight the night prior to your test. You must come in fasting for your test at 8:45 a.m. We will draw your blood fasting, and then give you 100 grams of glucola. We will then draw your blood once every hour for the next 3 hours. Bring along a high protein snack so you may eat immediately after your 3-hour G.T.T.

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