

Your GTT is scheduled for:

Date: _____

Place: _____

Time: _____

This is a _____ hour test.

Start your 300 gram glucose diet on _____.

Start your 10-hour fast between _____ and _____ (time) on _____ (day).

What is a glucose tolerance test?

The glucose tolerance test helps your doctor find out if your blood sugars stay normal or become too high after you drink a certain amount of sugar solution.

How do I prepare for the test?

Your doctor will tell you if you need to eat a 300 gram carbohydrate diet three days before your test.

Patients under 18 years old do not need to follow the diet.

It is very important that you are not on a low carbohydrate diet such as Atkins if you are having a GTT.

If your doctor tells you to follow the 300 gram carbohydrate diet, you must choose foods from the list in this brochure. Keep a count until you reach 300 grams. Other foods are not limited, so you can eat them in usual amounts.

Fast for at least ten hours, but no more than 16 hours, before the test. Small amounts of water, black coffee, or plain tea are OK.

How is the test done?

At the beginning of the test, a sample of your blood will be taken. Next, you will drink an orange or cola-flavored solution that contains sugar. More blood samples will be taken every 60 minutes for the next two to three hours.

It is important that we collect the samples on time, so do not leave the clinic during the test. You also cannot eat, smoke or exercise until the test is done. However, you may drink small amounts of water.

If you feel sick during the test, please tell a Lab Services employee. Patients sometimes feel lightheaded or sick to their stomachs. Lying down for a few minutes may relieve these symptoms.

What happens after the test?

In most cases, the only discomfort you will feel after the test is hunger. You can now eat a normal meal. Your doctor will receive your test results, showing your blood sugar levels at each time interval. He or she will give you your test results.

10 grams

- ½ Popsicle
- 2 tsp. corn syrup
- 2 tsp. honey
- 2½ tsp. sugar
- 1 Tbsp. molasses
- 2 large marshmallows
- 1 cup cooked carrots
- 1 cup vegetable chow mein (no rice)
- 2 cups raw vegetables

15 grams

- 1 small plain brownie
- 1 cup milk (skim, 1%, 2%, or whole)
- 1 slice bread
- 1 muffin (small)
- 1 dinner roll (small)
- ½ cup cooked cereal
- ¾ cup dry cereal
- ½ cup ice cream
- ½ cup potato, peas, corn, or squash
- 1/3 cup rice or cooked pasta
- 1 small cake doughnut
- 6 Ritz crackers
- 6 Saltines
- 3 graham cracker squares
- 1 oz. bag of potato chips
- 1 ice cream bar
- 1 oz. chocolate
- 1 Tbsp. jelly or jam
- 1 medium pancake
- 1 frozen (Eggo-type) waffle
- 1 Tbsp. maple syrup
- 1 Tbsp. honey
- 1 small piece fresh fruit
- ½ cup canned fruit

20 grams

2/3 cup grape juice
1/2 cup gelatin
1 small banana
2/3 cup pineapple juice
2 fig newtons
2 macaroons
1/2 cup creamed corn
2/3 cup cranberry juice cocktail
1/2 cup macaroni and cheese
1 oz. Triscuits

30 grams

1 cup regular or non-diet pop (8 oz.)
1 oz. hard candy
1/2 cup sherbet
1 cup chocolate milk
1 large hamburger or hotdog bun
1 whole English muffin
6 cups popcorn
1 cup ice cream
1 can (12 oz.) ginger ale (Other pop
is closer to 40g on average.)
1 iced cupcake
1 piece angel food cake
2-3 sandwich cookies
1 cup whole kernel corn or peas
1 cup juice-packed fruit cocktail

50 grams

1 cup chocolate milkshake
1 cup flavored yogurt
10 dates (61 grams of
carbohydrates)

Glucose Tolerance Test (GTT)