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## ***Obstetrics and Gynecology***

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### Instructions for Three Hour Glucose Tolerance Test

This is a test to confirm that you have gestational diabetes.

You should have already had a One-Hour Glucose Tolerance Test with a result that was abnormal.

The three-hour test is similar but there are significant differences.

- You need two days of preparation before taking the test on the third day.
- You should eat additional carbohydrates for two days before taking this test.
  - You may have:
    - One regular size candy bar with each meal (three times a day) for two days in a row.
    - Or
      - Two slices of bread with each meal (three times a day) for two days in a row.
  - ***You should not eat or drink anything after midnight on the day before you come in for the test***

Plan to stay for four hours at the doctor's office and/or hospital. You will have a finger stick glucose test done to check your glucose level. If this is not abnormal then you will drink a carbonated glucose drink containing 100 grams of glucose. You will then have blood drawn at one hour intervals for the next three hours.

You will have then completed the test. Results are usually available within one or two working days.

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