PREPARATION FOR GLUCOSE TOLERANCE TEST

To make sure that this test gives reliable results it is important that you eat generous amounts of carbohydrate on each of the three days before the test. The carbohydrate foods that are recommended are bread, cereals, potatoes, vegetables and fruit. You should have your usual amounts of milk, meat, fish, eggs, cheese, butter and margarine and, as well, eat the following foods in, at least, these amounts.

3 SLICES OF BREAD OR TOAST

AND

ONE SERVING OF BREAKFAST CEREAL OR PORRIDGE OR SPAGHETTI

AND

ONE MEDIUM POTATO OR ONE SERVING OF RICE

AND

3 SERVINGS OF VEGETABLES

AND

3 SERVINGS OF FRUIT (FRESH, COOKED, CANNED OR JUICE)

FOR MORNING TEA AND AFTERNOON TEA HAVE 2 BISCUITS OR ONE SCONE OR AN EXTRA SLICE OF BREAD OR TOAST.

If you do not like cereal or spaghetti, have instead an extra slice of bread.

one large bread roll = 2 slices of bread
one hamburger bun = 2 slices of bread

DO NOT EAT AFTER 9.00 P.M. ON THE EVENING BEFORE THE TEST. ONLY WATER SHOULD BE TAKEN DURING THE 12 HOURS BEFORE THE TEST.

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Telephone numbers are correct at time of publication but are not continually updated. You may need to check the numbers in the telephone directory.