

To prepare for the glucose tolerance diagnostic test:

- Eat a balanced diet that contains at least **150 to 200 grams (g) of carbohydrate** per day for 3 days before the test. Fruits, breads, cereals, grains, rice, crackers, and starchy vegetables such as potatoes, beans, and corn are good sources of carbohydrate.
- Do not eat, drink, smoke, or exercise strenuously for at least 8 hours before your first blood sample is taken.
- Tell your health professional about all prescription and nonprescription medicines you are taking. You may be instructed to stop taking certain medicines before the test.

The glucose tolerance diagnostic test may take up to 4 hours. Since activity can interfere with test results, you will be asked to sit quietly during the entire test. Do not eat during the test. You may drink only water during this time.