

Post-Prandial Glucose

PURPOSE OF TEST

Your doctor has ordered a test for glucose to be collected two hours after you have eaten. It is important to eat a high carbohydrate diet 2-3 days prior to the test. The day of the test you should eat a meal containing approximately 100 grams of glucose.

NOTE: *DIABETIC PATIENTS*

The following diet is for patients not known to be a diabetic. Diabetic patients should follow their usual diet.

COLLECTION OF SPECIMEN

1. Listed below is an example of a breakfast and a lunch that meet the diet requirements of the test.

BREAKFAST	LUNCH
1 cup of orange juice	1 cup of orange juice
1 cup of cornflakes or oatmeal	1 bowl of vegetable soup
1 cup of milk	4 saltine crackers
1 tablespoon of sugar	1 slice of lunchmeat or cheese
2 slices of toast	2 slices of bread
1 tablespoon of jelly	1 tablespoon margarine or mayonnaise
1 egg (if desired)	½ cup vegetable salad
Coffee or Tea (if desired)	Coffee or Tea (if desired)
	1 scoop of ice cream

2. Choose one of the meals; eat all of the food listed. Complete the meal within 15 minutes.
3. Return to the lab 1 ½ hours after you have completed the meal. Laboratory personnel will collect a blood specimen for a glucose level two (2) hours after you have completed your meal.

If you have any questions about these instructions, please call the Client Service department at (219) 989-3700 or (800) 937-5521.

