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INSTRUCTIONS FOR THE 3 HOUR GLUCOSE TOLERANCE TEST

The attached 150 gram carbohydrate diet must be followed for 3 days prior to your glucose tolerance test. It is important to eat 3 meals each day and include all of the foods listed below. This is in addition to your daily diet.

NO FOOD OR DRINK (EXCEPT WATER) IS TO BE TAKEN AFTER 10:00 PM THE NIGHT BEFORE THE TEST!

B EAKFAST	LUNCH	DINNER
1 cup milk	1 cup milk or yogurt	1 cup milk
1 cup fruit juice	1 cup fruit juice	1 cup fruit juice
Or piece of fruit	or piece of fruit	or piece of fruit
2 slices of bread	2 slices bread	2 slices of bread
Jelly or sugar	1 dessert	

You may exchange 1 cup of cereal, a bagel, small potato, $\frac{1}{2}$ cup of rice or noodles, 1 muffin for a slice of bread.