



*Southern Maryland Women's Healthcare, P.A.*

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## **Instructions For Three Hour Glucola Screen**

It is important that you follow these instructions in preparation for the above test.

1. Please eat 3 well balanced meals per day for 3 days prior to the test. You should eat approximately 300 grams of carbohydrates per day. This could be 3 candy bars and 3 cokes per day or plenty of bread, crackers, potatoes and/or desserts each day, OR, if you wish, you may have 1 cup of regular vanilla ice cream each night for 3 nights prior to your 3 hr GTT instead of the carbohydrate load.
2. You must have had nothing to eat or drink (other than water) since midnight the night before the test.
3. If you smoke, please do not smoke after midnight the night before the test.
4. When you go to the laboratory for the test, please be prepared to stay for the 3 hours that is necessary to run the test.

Please call the lab @ 301-997-1788 ext. 223 to schedule your appointment if you have not already done so.

Your appointment is scheduled for: \_\_\_\_\_

Thank you.