



3 Hour Glucose Tolerance Test

When your one hour Glucose Challenge level is elevated and further testing is needed, it is important this test be done within **two weeks** of the first test to ensure the health of you and your baby.

How to prepare for the 3 hour GTT:

In order to decrease the chance of a falsely abnormal test result, please follow the instructions below:

- 1.) Call a Patient Service Center, to schedule an appointment for your three hour glucose tolerance test.
- 2.) Continue to eat regular meals and all the foods you normally enjoy. For 3 days prior to the test, you must include at least 150 grams of carbohydrates in your daily diet. Select from these foods listed below to total 150 grams of carbohydrates.

15g of carbohydrate

- 1 medium apple or orange
- ½ cup cooked beans, lentils, peas, or corn
- ½ cup dried fruit
- 1 cup fruit juice
- 1 cup milk

30 g of carbohydrates

- 2 slices of bread
- ½ bagel
- 1½ cup dry cereal

45 g of carbohydrates

- 1 cup cooked rice or pasta
- large baked potato
- 1 banana

- 3.) The night before the test, No food or drinks (except water) after 8:00 p.m.
- 4.) No coffee, gum, smoking, or unusual exercise for eight hours before or during the test.
- 5.) You must arrive at the test fasting, continue to sip water.
- 6.) You **must** remain in the lab until all sample blood drawings are completed.
- 7.) Bring a snack to eat for after the testing is completed.

Patient Service Center Locations:

LABCORP-Washington
 Medical Bldg
 507 S Washington St
 #180509.755.8840

LABCORP-N Spokane
 Professional Bldg
 5907 N Lidgerwood #124
 509.755.8834

ALPHA-Medical Lab
 700 Ironwood Dr. #1135, CDA
 208.666.2048

LABCORP-Medicus Bldg East
 12615 E Mission Ave #100
 509.755.8838

LABCORP-Northpointe
 9631 N Nevada #2
 509.474.4403

ALPHA – Chinook
 980 Ironwood Dr. #103, CDA
 208.292.2782

LABCORP-Valley Houk
 1415 N Houk, #C
 509.892.7178

LABCORP-Liberty Lake
 Commons
 1334 N Whitman Ln
 #120509.755.8993

ALPHA – Ironwood
 920 Ironwood Dr., CDA
 208.292.0426

LABCORP-Franklin Park
 Medical Ct
 220 E Rowan #250
 509.755.8139

ALPHA-Medical Lab
 1300 E Mullan, Post Falls
 208.777.1344

ALPHA – Kootenai Clinic
 1919 Lincoln Way, CDA
 208.625.467

Please call to schedule an appointment & check for hours of operation per clinic.