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***Diet Instructions for Two-Hour***

***Postprandial Glucose***

Dear Patient,

Your physician has ordered a Postprandial (after eating) Glucose test. You do not need an appointment at the lab, but please be aware of the important timing necessary for this test. Please read the following instructions and if you have any questions, please call Christian Hospital/Network Reference Lab at 1-314-653-4455.

To prepare for this test, you will need to eat a meal containing approximately 100 grams of carbohydrates prior to having your blood drawn. You do not need to fast before eating the meal. Slight changes can be made to the example below, however, substitutions should be similar or equivalent to the food items listed.

Please note the time that you **start** eating your meal and be sure to finish it within 30 minutes. You **must** have your blood drawn **exactly two (2) hours** after your first bite of food. Please report to the laboratory at least 1 ½ hours from the start of your meal and alert staff that you are participating in a timed test!

Choose **one** of the following meals as your test meal:

**Breakfast** **Lunch**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Orange juice | ½ cup |  | Fruit or jello salad | 1 serving |
| Cereal | 1 serving |  | Bread | 2 slices |
| Toast | 2 slices |  | Jelly | 1 tablespoon |
| Jelly | 1 tablespoon |  | Potato, rice, macaroni, spaghetti or noodles | 1 serving |
| Milk | ½ pint (1 cup) |  | Cake, pie, custard (not sugar free) | 1 serving |
| Sugar | 3 teaspoons |  |  |  |

Do not eat, drink (other than water), smoke, chew gum or candy following the meal until your blood is drawn.

Thank you for allowing us to serve you!