

Guidelines for 3 Hour Glucose Tolerance Test (GTT)

How Do I Prepare for the 3 Hour GTT?

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

- 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. Common foods containing carbohydrates are listed below and grouped by the total number of carbohydrates in grams (g) per serving.

15 g of carbohydrates

1 medium apple or orange

30 g of carbohydrates

2 slices of bread

½ bagel

1 and ½ cups dry cereal

½ cup cooked beans, lentils, peas or corn

½ large baked potato

1 banana

½ cup dried fruit

1 cup (8 oz) fruit juice

1 cup (8 oz) milk

45 g of carbohydrates

1 cup cooked rice or pasta

- You must arrive for the test fasting. The day prior to your scheduled test, you may not have anything to eat or drink except for sips of water after 10pm. Do not chew gum during this fasting period.

What should I bring with me to the testing site?

- Your health insurance card
- Something to read or do while sitting quietly during the test
- A bottle of water to sip on during testing if thirsty
- A snack to eat AFTER THE TESTING IS COMPLETED

What Can I Expect during the 3 Hour GTT Test?

- First a fasting blood sample will be drawn, and then you will be given a glucose solution to drink.
- Blood will be drawn 3 more times at 1 hour, 2 hours and 3 hours after drinking the glucose solution. It is important that the blood be drawn at exactly one-hour intervals, so please be available at the indicated times.
- Do not eat, smoke, chew gum or drink anything other than water during the test.

How Do I Schedule my 3 Hour GTT?

You are responsible for scheduling your 3 Hour GTT. Please call one of the labs below to schedule your test. Once you schedule your appointment, please call the OB nurse and leave a detailed message with the date, time, and lab location for your 3 Hour GTT (919-781-6200).

WakeMed-Apex Healthplex

120 Healthplex Way
Apex, NC 27502
919-350-4325

Hours:

7:30am to 5:30pm, Mon-Thurs
7:30am to 3:30pm, Friday
No Weekend Hours

WakeMed-Brier Creek Healthplex

8001 T.W. Alexander Road
Raleigh, NC 27617
919-350-9623

Hours:

7:30am to 5:30pm, Mon-Thurs
7:30am to 3:30pm, Friday
No Weekend Hours

WakeMed-Garner Healthplex

400 US Hwy 70 E
Garner, NC 27529
919-350-9680

Hours:

7:30am to 5:30pm, Mon-Thurs
7:30am to 3:30pm, Friday
No Weekend Hours

WakeMed-North Physician Office Pavilion

10010 Falls of Neuse Rd. Suite 302
Raleigh, NC 27614
919-350-1413

Hours:

7:30am to 5:30pm, Mon-Thurs
7:30am to 3:30pm, Friday
No Weekend Hours