



Three Hour Test for Gestational Diabetes

5% of pregnancies are affected by gestational diabetes and the 3 hour test will clarify whether or not you have it. The test is very similar to the 1 hour test, but it is longer.

Before your test, you will be asked to follow a diet that is high in carbohydrates to prepare your metabolism. This makes the test more accurate. Please do a “carbohydrate loading” diet for 3 days before you come for the test. This comprises of eating at least 150 grams of carbs for 3 days in a row before the test. Below you find examples/ideas of high carb foods.

You **MUST BE FASTING** when you arrive for the test. This means do not eat or drink anything for 8 hours before the test.

You will have a fasting blood level drawn. After drinking the sugar beverage, you will then have more blood draws at 1, 2, and 3 hours afterward. In total, that is 4 blood draws. Please do not eat anything the entire time of the test. You may have a small amount of water. If your results reveal gestational diabetes, you will be referred to a diabetic dietician to learn about a diabetic diet and blood sugar testing.

High carbohydrate food ideas:

Bagel/plain	60 g
Pita Bread	40 g
Muffins	30-40 g
1 Pancake	30 g
Hamburger Buns	30 g or more
Pasta, 1 cup	45 g
Rice, 1 cup	45 g

Others: pizza, noodles, cake, sweet fruits, dried fruits. Please look at the carb amount of the serving sizes of other foods you enjoy.