

How to Prepare for a Two-hour Postprandial Glucose Test

- This is a test to see how your body handles glucose after eating.
- Unless otherwise instructed by your physician, you should:
 - Fast overnight for 8-12 hours. Nothing to eat or drink except water.
 - Consume a meal consisting of at least 75 grams of carbohydrate. A sample meal would include all of the following:
 - One serving of cereal with milk and sugar
 - One serving of fruit juice **or** one serving of fruit such as an orange, apple, strawberries or blueberries
 - Toast or bagel with butter and jelly
- Your blood specimen must be drawn two hours after you have finished eating.

Questions? Call Laboratory Customer Service 815-966-2689

