

2-Hour Post-Prandial Glucose Test Instructions

The following are sample menus. It is important to include **all** of the following foods in the amounts listed.

Breakfast

1 cup orange juice
1 cup corn flakes
1 cup milk
1 tablespoon sugar
2 slices toast
1 tablespoon jelly
1 egg (if desired)
Coffee or tea (decaffeinated)

Lunch

1 cup orange juice
1 cup vegetable soup
4 saltine crackers
2 slices lunch meat or cheese
2 slices bread with butter, margarine, or mayo
½ cup vegetable or salad
coffee or tea (decaffeinated)
1 cup ice cream

Your blood sample must be collected **EXACTLY** two (2) hours after you have completed the meal or your test result may be inaccurate. Please present to the lab 20 minutes prior to the required blood collection time to allow for check-in.