



Standard Operating Procedures Clinical and *Translational Research Center*

Title:	150-200 gr Carbohydrate Diet Pre-OGTT		
Approved By:	<i>Christina Wang M.D.</i>	Effective Date:	March 19, 2012
Number of Pages:	Page 1 of 2	Revised Date:	

Purpose: The oral glucose tolerance test (OGTT) is used for diagnosis when blood glucose levels are equivocal during pregnancy, or in an epidemiological setting to screen for diabetes and impaired glucose tolerance. The OGTT should be performed in the morning after at least 3 days of unrestricted diet (greater than 150 gram of carbohydrate). There is no specific carbohydrate intake currently recommended by the American Diabetes Association.

Procedure:

1. Use "*Instructions for a 150 Gram Carbohydrate Diet*" to instruct subjects.
2. Subjects will be told to consume **at least 150 grams** of carbohydrate each day for three days before their OGTT.
3. A sample daily menu will be reviewed which includes 150 grams of carbohydrates. This menu does not include low carbohydrate foods which may be eaten without restriction.
4. A sample list of foods with their carbohydrate content will be reviewed.
5. Subjects must eat **at least 150 grams** of carbohydrates, but can eat more if desired. Subjects may eat as much as they like of other foods that are not listed in the table.
6. No specific instructions will be given with respect to energy intake or intake of low carbohydrate foods (ex. Eggs, meat, oil).

7. Subjects will be asked to record what they consume for 3 days and estimate their carbohydrate intake.
8. Subjects will be instructed to NOT have any food or beverages on the morning of your test. Water is ok; coffee or other beverages are not.

References:

1. Diabetes Mellitus. Report of a WHO Study Group. Technical Report Series 727. 1985
2. No influence of high- and low-carbohydrate diet on the oral glucose tolerance test in pregnancy. Buhling KJ, Elsner E, Wolf C, Harder T, Engel B, Wascher C, Siebert G, Dudenhausen JW. Clin Biochem. 2004 Apr;37(4):323-7.

Appendices:

1. *Instructions for a 150 Gram Carbohydrate Diet* handout.