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:

Appendices:
1. Instructions for a 150 Gram Carbohydrate Diet handout.