

Glucose Tolerance Test - Two hour post-parandial version

Before you come to your next visit which is on: _____

Please eat:

2 whole grain pancakes (or waffles)

2 Tbsp. real maple syrup

6 oz. of fruit juice of your choice

and some protein - an egg, a sausage, etc. - so you don't feel icky.

We need a blood sample **two hours** after you finish eating to see how your body is processing the sugars. For example, if you finish eating 1 hour before you arrive at your appointment, we will do the test at the end of your visit an hour later. If you finished eating 2 hours before your arrival, we'll test you first thing.

We will (using the same finger stick) check your iron level at the same time. You will be about finished expanding your blood volume, and that is when we see if you've had a little drop in your hemoglobin level from your initial lab work. A drop is what we expect, because the hemoglobin is diluted a bit by your blood volume expansion.