

## **Blood Sugar Testing**

In preparation for your 28 week prenatal visit, you need to eat special foods to test your blood sugar levels. We will also draw a sample for a repeat CBC to check for anemia and an antibody screen if you are RH negative.

### **Breakfast Menu**

- **1 c orange juice**
- **1 c cornflakes or oatmeal**
- **1 c milk**
- **1 T sugar**
- **2 slices ww toast**
- **1 T jelly**
- **1 egg (if desired)**
- **Coffee or tea (if desired)**

### **Lunch Menu**

- **1 c orange juice**
- **1 bowl vegetable soup**
- **4 saltine crackers**
- **1 slice lunchmeat or cheese**
- **2 slices ww bread with butter or mayo**
- **½ c vegetable or salad**
- **Coffee or tea (if desired)**
- **1 scoop ice cream**

It is important to eat all of the items in the menu that you choose. **DO NOT** drink, eat, smoke, chew gum, candy cough drops, etc. following the meal until the test is done. You may have water. Be done eating your meal 2 hours before your visit.

### **Sugar Load**

**1<sup>st</sup> choice-Eat 50 jelly bellies in 2-3 minutes one hour before your visit.**

**OR**

**2<sup>nd</sup> choice- Eat ½ Hershey bar and ½ can of Pepsi in 2-3 minutes one hour before your visit.**

**Do not eat or drink anything else except water until after the test is done.**