



Roxann Mitchell, CNM
Cindy Redmond, CNM
Lisa Lederer, CNM

Gestational Diabetes Test Instructions

No eating after midnight.

In the morning, eat the following breakfast exactly as written:

- ❖ 2 slices of whole wheat toast (butter, no jelly)
- ❖ 2 eggs
- ❖ 4 oz. orange juice = 1/2 cup
- ❖ 8 oz. milk = 1 cup

You may drink as much water as you like.

Your blood is drawn **1 hour** from finishing the breakfast.



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