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.