



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.



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.