

**OCHSNER CLINIC FOUNDATION  
DEPARTMENT OF PATHOLOGY & LABORATORY MEDICINE  
INSTRUCTION FOR 2 HOUR POST-PRANDIAL GLUCOSE TESTING**

**Patient Instructions:**

1. You must fast for 12 hours before the test. You may not have to fast if you're pregnant.
2. Eat a full meal with at least 75 grams of carbohydrates and note the time you complete the meal.
3. Do not interrupt your medication schedule unless directed by your physician.
4. Do not eat or drink anything except water for the next 2 hours.
5. Do not chew gum or eat candy mints, even those claiming to be sugar-free.
6. Rest during the two-hour waiting period because exercise can cause blood sugar levels to rise.
7. Present appointment slip to receptionist exactly 1 hour and 45 minutes after completing your meal.