

2 Hour Postprandial Test

At 28 weeks moms who choose to or moms who are at risk take a 2 hour postprandial blood test. This test is designed to see how well your body tolerates a 100 gm sugar load. If your results come back abnormal or questionable, you will be ask to repeat the test to include additional times.

After a 12 hour fast, take a fasting blood sugar level, following the instructions on the glucometer. Record this reading. Eat a high sugar breakfast or drink a glucose drink and then retest after 2 hours. Record your results. You should not go back to sleep or exercise during this time.

Examples of foods to be eaten:

Pancakes
Syrup
Juice

Dried Fruit

Doughnuts
Milk

You will need to calculate the amounts as the vary with brands. Most prepared foods and mixes are labeled. Do not add protein to these menus as it will not yield accurate results.

You may also make your own glucose drink:

8 tablespoons of sugar in 8 oz of water
Chill and add a quirt of lemon