



DAY OF EXAM

ALL PATIENTS

Must not eat anything for a minimum of 6 hours prior to the exam.

- Eating before the exam could compromise the accuracy of the exam.
- Drinking water ONLY is allowed.
- Drink 32 ounces of water 1-2 hours before your exam.
- No insulin for 4 hours before your exam.

DAY BEFORE EXAM

BREAKFAST

Peanut Butter - 2 tablespoons (natural or organic)
Coffee, Tea or Water (unsweetened or with artificial sweetener)
Light Yogurt

LUNCH

Whole Wheat Bread - 1 slice regular or 2 slices diet
Mayonnaise - 2 tablespoons
Turkey, Chicken, Tuna, Ham or Other Luncheon Meat - 3 ounces
Egg Salad
Lettuce
Cheese - 1 ounce
Cottage Cheese - 1/2 cup
Coffee, Tea, Water or Diet Soft Drink (unsweetened or with artificial sweetener)

DINNER

Beef, Pork Chicken, Turkey or other Un-Breaded Meat or Fish; Grilled, Baked or Broiled - 3 ounces
Salad Greens
Green Beans - 1/2 cup
Sour Cream - 2 tablespoons
Butter - 2 tablespoons
Coffee, Tea, Water or Diet Soft Drink (unsweetened or with artificial sweetener)

For a list of foods to avoid, please see the reverse side.

FOODS TO AVOID

Avoid all foods containing sugar and most processed foods - even “Low-Carb” items.

FRUITS & VEGETABLES

- All Fruits
- Potatoes
- Corn
- Carrots
- Legumes (Beans)
- Tomatoes
- Peas
- Squash
- “Veggie Burgers”

BEVERAGES

- Beer, Wine, Liquor
- Juices

SNACK FOODS

- Chips/Pretzels
- Candy/Gum
- Cough Drops
- Breath Mints

BREADS & GRAINS

- All Types of Grains
- Rice
- Breaded Foods
- Pastas/Noodles
- Rice Cakes
- Rice (Brown and White)
- Crackers

OTHER

- Syrups
 - Jams
 - Ketchup
 - Sauces and Gravies
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