

# Carbohydrate Challenge Test

Your name \_\_\_\_\_ date \_\_\_\_\_

The carbohydrate challenge test is a home test you can do to see how your body reacts to a real-life carbohydrate load.

It is a sensible alternative to the glucose tolerance test in which you consume 75 to 100 grams of concentrated sugar. Here's a gentler way:

- 1) Purchase an inexpensive blood glucose monitor at a discounter like Walmart or Walgreen's. You can buy them now for as low as \$18. They're even sometimes free with promotional offers. You will also need to purchase lancets and test strips. The strips are the expensive part and cost about \$60 for 50 tests. I recommend the FreeStyle Lite brand because it requires the smallest drop of blood and is the most comfortable to use.
- 2). For the carbohydrate challenge test eat about 120 grams of carbs with little or no fat or protein. A bowl of oatmeal will do.
- 2) Check your blood sugar just prior to the meal, then again 30 minutes after finishing the meal. Say, for example, your pre-meal blood sugar is 102 mg/dl. You eat your meal, check it every 30 minutes for at least 4 hours. Ideally, the postprandial (after-meal) blood sugar is no more than 140 mg/dl.
- 3). Continue checking every 30 minutes for 4 hours.
- 4). STOP if you feel shakey, nauseous or not well and have something to eat.

		Time	Blood sugar	How are you feeling?
1	First thing in the morning			
2	Before eating			
3	30 minutes after			
4	1 hour after			
5	1 ½ hours after			
6	2 hours after			
7	2 ½ hours after			
8	3 hours after			
9	3 ½ hours after			
10	4 hours after			

## Graph It!

Blood glucose	1	2	3	4	5	6	7	8	9	10	
260											
240											
130											
220											
210											
200											
190											
180											
170											
160											
150											
140											
130											
120											
110											
100											
90											
80											
70											
60											
	1	2	3	4	5	6	7	8	9	10	