



New Patient Instructions
Welcome!

Dear Patient:

We know this day is important to you and to be sure our information is accurate, please take the time to READ, FOLLOW, and SAVE these instructions!

Instructions for ALL Patients:

- 1.) 12 hours prior to your appointment: You must fast. Do not have anything to eat or drink except for water. Absolutely nothing else or you will void the test.
- 2.) Morning of appointment: Continue to fast without having breakfast. Do not take any medications except for the following: heart or blood pressure medications, and/or seizure medications. These are the only medications you will be allowed to take at their regular times.

NO SMOKING NO CHEWING GUM

Instructions for Diabetic Patients

You will NOT have a glucose tolerance test, but be prepared to stay for approximately 3 hours. Continue to follow your usual diet. Please fast anyway and do not have any breakfast! Upon your arrival, we will prescribe a special diet for you to eat that morning. Do not take any diabetic medications including insulin, from 8pm the night before your appointment unless instructed to do so by Dr. Berkowitz. Do not take any medications in the morning either! However, BRING ALL medications you take with you to your appointment.

Instructions for Non-Diabetic Patients

- 1.) If you have been on a Low Carbohydrate Diet: wean off of the diet for 4-5 days by eating more complex carbohydrates such as vegetables, 1/2 cup of brown rice, 1 slice of bread, and 1-2 fruits.
- 2.) If you are not on a Low-Carb Diet: add 2 extra portions of fruit plus 2 extra portions of vegetables to your diet for 3 days prior to your appointment. The testing will be invalid unless there are carbohydrates in your system.

Be prepared to spend between 5-6 hours for your first appointment including glucose tolerance testing.