

# ***Diet Instructions for Two-Hour Postprandial Blood Sugar***

This is a sample meal plan to be followed prior to blood collection for the two-hour postprandial blood sugar test. Slight changes and additions can be made, however, substitutions should be similar or equivalent to the food items listed. This is important in order to have accurate test results. This meal is to be followed one time, two hours before you have your blood drawn.

Do not eat, drink (other than water), smoke, chew gum or candy following the meal until your blood is drawn.

## **Breakfast:**

1 cup orange juice	2 slices toast
1 cup cereal or oatmeal	1 tablespoon jelly
1 cup milk	1 egg (if desired)
1 tablespoon sugar	coffee or tea

## **Lunch or Dinner:**

1 cup orange juice	bowl soup
saltine crackers	1 slice lunch meat or cheese
2 slices bread w/condiments	vegetable or salad
coffee or tea	dessert (ice cream, cake, pie)

## *Lakeland Outpatient Service Centers*

Lakeland hopes that the following information will assist you in choosing a location for outpatient services. Outpatient services include: blood draws, EKG's, urine drug screens and radiology testing. Patients may go to the location of their choice with a valid physician order.

<b>Lakeland Center for Outpatient Services</b>	
<b>Address</b>	3900 Hollywood Road St. Joseph, MI 49085
<b>Phone Number</b>	269.556.2800
<b>Hours of Operation</b>	Monday – Friday 6:00 a.m. to 7:00 p.m. & Saturday 7:00 a.m. to 1:00 p.m.
<b>Lakeland Community Hospital, Niles</b>	
<b>Address</b>	31 North St. Joseph Avenue Niles, MI 49120
<b>Phone Number</b>	269.683.5510
<b>Hours of Operation</b>	Monday – Friday 6:00 a.m. to 5:30 p.m. & Saturday 8:00 a.m. to 1:00 p.m.
<b>Paw Paw Lake Medical Center</b>	
<b>Address</b>	6559 Paw Paw Avenue Coloma, MI 49038
<b>Phone Number</b>	269.983.8311 or 800.513.9193
<b>Hours of Operation</b>	Monday – Friday 8:00 a.m. to 5:00 p.m.
<b>Lakeland Community Hospital, Watervliet</b>	
<b>Address</b>	400 Medical Park Drive Watervliet, MI 49098
<b>Phone Number</b>	269.983.8311 OR 800.513.9193
<b>Hours of Operation</b>	Monday – Friday 6:00 a.m. to 5:30 p.m. & Saturday 8:00 a.m. to 1:00 p.m.
<b>Cass Family Clinic (No Radiology Services)</b>	
<b>Address</b>	109 School Street Cassopolis, MI 49031
<b>Phone Number</b>	269.983.8311 or 800.513.9193
<b>Hours of Operation</b>	Monday – Friday 8:00 a.m. to 4:30 p.m.

Lakeland is pleased to offer the option to **schedule** your laboratory or radiology procedure(s) at both the Center for Outpatient Services location and the Lakeland Hospital, Niles location. Scheduled patients are registered prior to their arrival and seen at their scheduled time. **Call 269-556-2810 or 800-791-2810** to make an appointment.

For additional information, visit us online!

Laboratory: [www.lakelandhealth.org/lab](http://www.lakelandhealth.org/lab)  
 Radiology: [www.lakelandhealth.org/imaging](http://www.lakelandhealth.org/imaging)