

Glucose Tolerance Test Information for you

Please have nothing to eat from 10 hours before your appointment time for the test.

Only water is allowed after this and you must not eat or drink during the 2 hour test period.

It is important that you remain in the Antenatal Clinic during the test.

Smoking is not allowed during the test

What is a Glucose Tolerance Test?

A glucose tolerance test (GTT) looks at how your body handles sugar (glucose). Your blood sugar level is controlled by a hormone called insulin. During pregnancy your body handles sugar differently and more insulin needs to be produced to keep the blood sugar levels stable.

In some women, not enough extra insulin is produced during pregnancy and this causes a higher level of sugar in the blood stream. This is called gestational diabetes (GDM).

A GTT tells us if you have developed gestational diabetes during your pregnancy.

Why have I been offered a GTT?

Not all women are offered a GTT during pregnancy. We know that some women are more likely than others to develop gestational diabetes.

We offer GTT to the following groups of women:

- If you have a BMI 30 or above.
- If you have had a big baby in a previous pregnancy.
- If you have a close relative with diabetes.
- If you had gestational diabetes in a previous pregnancy.
- If your country of origin is in a high risk category.
- If you have had a scan during this pregnancy which suggests your baby is bigger than average or there is more fluid than usual around the baby.

The reason for you being offered a GTT should be clearly documented in your pregnancy notes. If you are not sure why you have been offered the test please ask your midwife or health care professional.

How is the test performed?

The GTT is usually performed at around 26 weeks pregnancy but can be done at other times during pregnancy if necessary.

The GTT involves 2 blood tests that measure the amount of sugar in your bloodstream. You will be asked to come to the hospital before breakfast having had nothing to eat overnight. We will take a blood test and then give you a sugary drink. We will then repeat your blood test in 2 hours and we ask you not to eat or drink anything until after the second blood test has been done and to remain at rest. **If you are unable to drink all the sugary drink or are sick it is important that you tell us as this may affect the result of the test.**

How will I get the results?

A midwife or diabetes nurse will phone you if the test shows that you have gestational diabetes within a few days.

What will happen if the GTT shows that I have gestational diabetes?

You will be given appointments to see our specialist diabetes team. This may include a diabetes nurse, a dietician, a medical consultant who specialises in diabetes and a consultant obstetrician. This is usually within 7 days so please be prepared for this.

Is gestational diabetes harmful to me or my baby?

We know that if a woman develops gestational diabetes, the baby can grow bigger and this can occasionally cause problems, such as slow labour, difficulty delivering the baby's shoulders and an increased chance of a caesarean section.

If gestational diabetes is undiagnosed there is an increased risk of stillbirth.

Women with gestational diabetes have a higher risk of developing pre-eclampsia (high blood pressure with protein in the urine.)

Women with gestational diabetes have a higher chance of developing diabetes later in life.

What are the benefits of having the GTT?

If the GTT shows that you have gestational diabetes, this can be treated with diet, exercise and sometimes tablets or insulin injections. This reduces the risks for the baby mentioned above.

What are the disadvantages of having the GTT?

The sugary drink may taste unpleasant.

You will need 2 blood tests

If the test shows you have gestational diabetes you will need more monitoring during your pregnancy, including extra visits to the hospital and testing your own blood sugar several times a day.

Further information

If you have any questions about the GTT please ask your midwife or obstetrician.

Reminders

- Fast from 10 hours before your appointment time.
- Only drink water until you arrive at hospital.
- Bring the form your midwife gave you.
- Bring a snack for after the test is complete.
- You need to be at rest for 2 hours so bring a book!

If you have any comments about this leaflet or the service you have received you can contact :

Consultant Obstetrician
Department of Obstetrics
Calderdale Royal Hospital

Telephone (01422) 224131

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce,
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych
informacji w innym formacie lub wersji językowej,
prosimy skontaktować się z nami, korzystając z ww.
danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"