

Glucose Tolerance Test

Women's and Children's
Services



General Information

This leaflet is designed to give information regarding your Glucose Tolerance Test (GTT).

Please make the appointments for this test at the most convenient location for you and avoid a day where you expect to have an early pregnancy scan so that you can freely drink clear fluids.

What is a Glucose Tolerance Test ?

A Glucose Tolerance Test (GTT) is used to help diagnose diabetes in pregnancy. You will be given a glucose drink and we will measure how quickly the glucose disappears from your blood.

The GTT will take two and a half hours and you will have to stay in the waiting room throughout this time.

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Please use the telephone numbers on the back page to book your test.

GLUCOSE TOLERANCE TEST (GTT)

Your glucose tolerance test is arranged for:

At: _____/40 **and** _____/40 weeks pregnant

Date: Date:

Time: Time:.....

Held in:

- Bancroft Clinic, Lister Hospital
- Hoddesdon Health Centre
- QEII Hospital
- Hertford County Hospital
- Waltham Cross Clinic, Stanhope Road, Waltham Cross

How to prepare for the test

- ◆ For the three days before the test you should take your usual amount of exercise. If this cannot happen (e.g. If you have been taken ill in this time) please telephone to postpone your appointment.
- ◆ For the three days before the test you must eat normally, including a portion of starchy food, such as potato, bread, pasta or cereal at each meal. You should not be dieting.
- ◆ You must fast (this means eat nothing) overnight for **at least 8 hours but not longer than 14 hours** before your test. Depending on your appointment time, and your usual mealtimes, you may need to have an extra snack later in the evening before the test to avoid exceeding the 14 hour fast. During the fast you may drink water as you like, but do not drink other liquids.

If you regularly take medicines, take these as usual during the fast. If any should be taken with food, it may be advisable to delay taking the medication until after the GTT. If you are unsure about this, please check with your doctor.

You must not smoke on the morning of the test.

What happens during the GTT procedure

Please book in with the receptionist on arrival, give them your request form and wait to be called.

- ◆ A Phlebotomist will call you and take a small sample of blood from your finger and measure the glucose level with a meter. Then a sample of blood will be taken from your arm.
- ◆ Next you will be given a glucose drink. You must drink all of this within five minutes.
- ◆ You will be asked to remain sitting quietly in the waiting room for the next two hours. During this time you may not eat or smoke, but you may drink water.
- ◆ Two hours after your glucose drink another blood sample will be taken from your arm.

This completes the GTT and you will be free to go.

For a small number of patients, the result of the finger-prick sample at the start of the test will mean that the full GTT is not appropriate. In this case, we will just take a blood sample from your arm and organise a follow-up appointment.

How do I get my results?

The results will be sent to the doctor who requested your blood test, usually within five working days.

If the results are within normal limits, then no further action will be required at this stage in your pregnancy.

If the results are abnormal, you will be sent an appointment to see the Diabetes Midwife and Diabetes Team for advice, and to plan your care.

Other Circumstances

If you have had steroid injections in pregnancy within one week of your test date, please telephone to postpone your appointment on the number given on the back page. Please rebook your glucose tolerance test for one week after the second injection, as the injections will alter your glucose metabolism temporarily giving a false result.

If you are having a postnatal glucose tolerance test, please do not have the blood test until six weeks after the birth, to allow your hormone levels and carbohydrate metabolism to return to normal. You must review the result with your GP.

If you have been diagnosed with Diabetes you do not require this test.

Are there any risks from the test?

- ◆ Very occasionally, patients may feel nauseous just after drinking the glucose. If you feel unwell at any time during the procedure, please tell the staff so they can assist you.
- ◆ After the test you may feel faint or dizzy. This is almost always helped by having something to eat.

We recommend that you eat before leaving the hospital, especially if you intend to drive. You may visit the hospital canteen or bring a snack with you to eat after the two hour sample has been taken.

If you have any further questions, please contact:

Lister Maternity Reception 01438 284533

Contact Numbers:

Lister Hospital

Antenatal Clinic

01438 286031

Monday-Friday 09.00–16.00

QEII Hospital

Pathology

01707 247544

Monday-Friday 08.00-17.00

Saturday 09.00-12.00

Hoddesdon

Health Centre

01992 474672

Monday-Friday 09:00 – 14:00

Hertford County

Pathology

01992 823200

Monday-Friday 08.00-15.30

Waltham Cross

Clinic

01992 818500

Monday-Friday 08.30-16.00

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