

Glucose Tolerance Test (GTT)

A glucose tolerance test (GTT) is a blood test used to diagnose diabetes. The test is carried out between 26 and 28 weeks of pregnancy.

What does the test involve?

On arrival, please book in with the receptionist, take a seat and wait to be called. The phlebotomist will call you, take a small sample of blood from your finger and measure your glucose level with a meter. They will then proceed to take a sample of blood from your arm. This is your “fasting” level. You will then be given a glucose drink to consume within 5 minutes. You will be asked to remain seated in the waiting room for the next two hours. During this time, you may not eat or smoke, but you can drink plain water.

A further blood sample is taken after 2 hours to see how your body responds to the glucose. This completes the GTT and you will be able to have something to eat, and are free to go. If you feel unwell at any time, please inform a member of staff.

How do I get my results?

The results will be reviewed by the Gestational Diabetes Team. Your results will tell us if you have gestational diabetes.

If the results are **abnormal**, you will be contacted by telephone by a member of the Gestational Diabetes Team within a week, and ongoing appointments will be arranged for you with the team and an obstetric consultant, together with dietary support.

Special circumstances

If you have had steroid injections within 1 week prior to the test date for your GTT, please contact the Gestational Diabetes Team to postpone your appointment. Please rebook your GTT for 1 week after the second dose of steroids. Steroid injections will temporarily alter your glucose level giving a false result for the test.

If you are unwell or have a temperature, please re-arrange the GTT for when you are better.

How do I book a test?

Tests can be done at the Lister Bancroft Antenatal Clinic, Hertford County Hospital and New QEII Hospital at Welwyn Garden City.

Please book your test at the Antenatal Clinic reception desk for the site of your choice following

your 20-week anomaly scan. The test should take place when 26-28 weeks pregnant. If you need to change your test appointment, you can do so at any of our Antenatal Clinic reception desks or by telephoning **01438 286031**.

How to prepare for the test

Do not eat or drink anything other than plain water for 10 to 12 hours before the test. If you are a smoker, you must not smoke or vape after 10pm the night before the test, and until after the test is completed.

Glucose Tolerance Test – your test is arranged for:

Date: _____

Time: _____

Further information

The organisations below can provide more information and support:

- **NHS Choices** - www.nhs.uk/conditions/gestational-diabetes/pages/introduction.aspx
- **Diabetes UK** - www.diabetes.org.uk

Useful contact details

East and North Hertfordshire NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Gestational Diabetes Team:

- Email gestationaldiabetes.enh-tr@nhs.net
- Telephone 01438 284496

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

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