

Glucose tolerance test

Why has your midwife or doctor recommended a glucose tolerance test (GTT)?

A GTT is recommended for a number of reasons including:

- You have had a large baby weighing 4.5Kg (10lbs) or more.
- Your body mass index (BMI) is 30 or higher.
- You have had gestational diabetes before in a previous pregnancy.
- You have a parent, brother or sister with diabetes.
- Your family origin is South Asian, Chinese, African-Caribbean or Middle Eastern.
- If your baby's abdominal circumferences measures above the 95th centile.

What is the test for?

It is a screening test for diabetes in pregnancy (gestational diabetes). This is usually carried out between 24 and 28 weeks of pregnancy. Sometimes it is recommended earlier in your pregnancy if you have had previous gestational diabetes before for example.

Why is it important to have a GTT?

If gestational diabetes goes undetected you are at increased risk of:

- Having a large baby - greater than 4.5Kg (10lbs)
- Having a premature birth - baby being born before 37 weeks
- Your baby could have health problems shortly after birth that require extra care
- Miscarriage – the loss of a pregnancy during the first 23 weeks
- Stillbirth – the death of your baby around the time of the birth.

How will I be tested for gestational diabetes?

If you have any of the risk factors identified, you should be offered a glucose test during your pregnancy. This will be carried out in the antenatal clinic of the hospital providing your antenatal care between 26 and 28 weeks.

If you have had gestational diabetes in a previous pregnancy a GTT will be arranged as soon after your booking appointment and repeated at 24-28 weeks if the 1st result is normal.

A GTT involves fasting overnight (not eating or drinking anything apart from sips of water).

- You must not eat anything from midnight before your test.
- Do not smoke after midnight and until your test is completed as this can affect your results.
- You are also advised not to take indigestion remedies, vitamins or chew gum before or throughout the test.
- You can take essential medication such as thyroxine and blood pressure tablets as normal.
- You can bring food / a snack with you to eat after the test is completed.

What happens during the test?

When you arrive at the clinic at your appointment time we will take a sample of blood from you.

- You are then given a glucose solution to drink slowly over 5 minutes. This is a measured amount so you will need to drink it all.
- The blood test is repeated 2 hours later to see how your body reacts to glucose.
- Between blood tests you are asked to stay in the waiting room of the antenatal clinic and not walk round the hospital as activity can reduce blood glucose levels and may interfere with the test result.

When will I get the results of my GTT?

The antenatal clinic team will contact you by telephone if the test shows you have gestational diabetes, usually within a week to plan your future antenatal care. You will receive an appointment letter through the post. The diabetic team will also call you to discuss gestational diabetes with you.

If the test is normal your community midwife will discuss the result at your next routine antenatal appointment.

The antenatal clinic team will contact you by telephone if the test shows you have gestational diabetes, usually the following day. They will invite you for a consultation at the hospital in the clinic for pregnant women with diabetes to plan your future antenatal care. You will receive an appointment letter through the post.

Any questions?

If you have any questions about the glucose tolerance test please ask your midwife or doctor.

Dewsbury and District Hospital

Antenatal Clinic 01924 541118
Community Midwives office 01942 319354 or 319503

Pinderfields Hospital

Antenatal Clinic 01924 541118
Community Midwives office 01924 543424

Pontefract Hospital

Antenatal Clinic 01924 541118
Community Midwives office 01977 747433

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: **01924 542972** or email: myh-tr.palsmidyorks@nhs.net

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