



## Diabetes Department

# Glucose Tolerance Test (GTT) Outcome Information

This leaflet explains what will happen if your Glucose Tolerance Test (GTT) result shows that you have gestational diabetes. It will help you to understand the treatment and the care that you will receive. If you would like additional information about gestational diabetes, please see the [Diabetes UK Website](#) or call the Diabetes Specialist Nurses at 01305 255342.

### How Will I Know My Test Result?

If your GTT shows that you have gestational diabetes, you will be contacted by the hospital and informed of your diagnosis.

### What Is Gestational Diabetes and What Does It Mean For Me and My Baby?

Gestational diabetes means that your body cannot manage its blood glucose levels as well as usual and your blood glucose levels could be high. High blood glucose levels can have an effect on your baby if it is allowed to continue without being treated. For this reason, if you are told you have gestational diabetes, you should be given an appointment to see a Diabetes Specialist Nurse and a Dietitian within 1 week of your diagnosis. The Diabetes Specialist Nurse and Dietitian will explain about gestational diabetes and arrange your care plan.

### Your Appointment with the Diabetes Specialist Nurse and Dietitian:

You will be given an appointment for the next **Tuesday at 9:30-11:00 AM**. The appointment will be held at:

**Diabetes Centre  
50 Bridport Road  
Dorchester  
DT1 2NQ**

Please be advised that this will be a group appointment and you will be seen at the same time as other women whose GTT result was also positive for gestational diabetes. Your care plan will involve dietary advice and instructions on how to do finger-prick blood glucose tests at home. If you have any special needs in relation to the appointment, e.g. an interpreter, please telephone the Diabetes Specialist Nurse before the day of your appointment.

## What If I Can't Make The Appointment?

You will be given an appointment for the Tuesday after your GTT result. If you cannot go to that appointment, it may mean a delay to the start of your care plan. Please call the Diabetes Specialist Nurses as soon as possible to let them know you cannot attend.

### Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

Diabetes Specialist Nurse: 01305 255342

Diabetes Specialist Dietitian: 01305 255526

Diabetes Centre: 01305 255130

### Useful Websites:

Diabetes UK:

<https://www.diabetes.org.uk/diabetes-the-basics/gestational-diabetes>

### About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



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