



Maternity Unit

Having a Glucose Tolerance Test (GTT)

This leaflet is for pregnant women who have been recommended to have a Glucose Tolerance Test.

Date: _____

PATIENT LABEL	
Surname:
Forename:
DOB:
Patient No.:

Your appointment details:

A Glucose Tolerance Test has been arranged for you on:

Date: _____

Time _____

At: Maternity Day Assessment Unit Department, Maternity Unit East Wing Level 1, Dorset County Hospital, Dorchester, DT1 2JY.

What is a Glucose Tolerance Test?

A blood sample is taken when you arrive to find out what your blood sugar level is when you have had nothing to eat or drink.

You will be given a sweet drink containing glucose and a second blood sample will be taken two hours after you have finished the drink.

These two blood sugar levels are used to diagnose whether you have diabetes or not.

What do I need to do before the test?

On the evening before the test, no food should be eaten from midnight until the test has been completed. This includes chewing gum.

- You should not smoke on the morning of the test, including e-cigarettes.
- You should not take any drugs or vitamins on the morning of the test.

- You may have a small cup of tea or coffee *without* milk or sugar, or a glass of water on the morning of the test.

What happens during the test?

- A blood sample will be taken when you arrive.
- You will be given a drink containing a known amount of glucose.
- Once you have finished the glucose drink you will be given a small cup of water.
- You will be asked to sit for two hours, so please bring something to do to keep yourself occupied.
- A second blood sample will be taken two hours after you have finished the drink. You can then eat and drink normally, so do bring a snack in with you.
- As the unit can be busy it is not always possible for us to accommodate a friend or relative during the two hour period of the test.

Why have I been booked to have a GTT?

Some women are more likely to get diabetes in pregnancy than others. This is known as *gestational diabetes*.

You are higher risk if you have any of the following:

- History of gestational diabetes
- Body mass index over 30, or booking weight over 100Kg
- Previous baby weighing 4.5Kg (about 10 pounds), or more
- Parent, brother or sister with diabetes
- Family origin with high risk of diabetes (South Asian, Middle Eastern or Black Caribbean)
- Polycystic ovary disease

If we have found glucose in your 12 week urine sample then we would recommend that you have a GTT to make sure you do not have gestational diabetes.

Why is it important to test for diabetes in pregnancy?

If gestational diabetes is not detected and treated in your pregnancy, then there is an increased risk that your baby could be large compared to other babies at the same number of weeks of pregnancy. This can lead to trauma during the birth to both you and your baby and an increased chance of a caesarean section. Your baby may have problems with their blood sugar levels leading to them needing blood tests and increasing their feeding regime.

When will I get the results of my GTT?

We will take your contact details at the time of the test so that we can ring you later that day with the result. Very occasionally we may not be able to contact you until the following morning. If you do not receive a telephone call, please ring the Maternity Day Assessment Unit on 01305 255493.

What happens if the GTT shows I have gestational diabetes?

- You will be given an appointment to be seen in the joint obstetric / diabetes clinic so that a plan of care can be made for your pregnancy and birth.
- You will see a dietician to talk about the types of food you like to eat, and how to adapt your diet to help keep your blood sugar levels within a normal range to ensure that you and your baby remain healthy during your pregnancy and afterwards.
- You will be offered more care in your pregnancy and birth to reduce the risk of problems, and your baby will have some extra monitoring in the first few days of life. We will explain the care you will receive in more detail when we see you in the Diabetes Antenatal Clinic.
- You will be shown how to check your own blood sugar levels by using a special machine, which you will be given to use throughout your pregnancy.
- We will offer extra monitoring of your baby's growth during your pregnancy through ultrasound scans to measure growth and fluid volume around the baby.

Further Information

We look forward to welcoming you to the Health and Wellbeing Clinic for your glucose tolerance test.

The antenatal screening team can be contacted on **01305 2559541** if you have any problems with your appointment.

If you have any more questions about screening for diabetes then please contact your midwife.

References

National Institute of Clinical Excellence. 2015. *Diabetes in Pregnancy Management from Preconception to the Postnatal Period* [Online]. Available at: <https://www.nice.org.uk/guidance/ng3> [Date accessed 14 March 2018].

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



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