

Having a Glucose Tolerance Test in Pregnancy

Please read this leaflet carefully. It is important that you take note of any instructions or advice given.

This leaflet is designed to give you information about a glucose tolerance test (GTT) which has been booked for you. If you have any questions or problems that are not answered in this booklet please ask your doctor or midwife.

Why?

An excess of glucose in the mother's blood may mean that you are not metabolising (using) your glucose efficiently. In some cases this may cause a condition called Gestational Diabetes.

If this condition is suspected it may be necessary to perform a test called a Glucose Tolerance Test (GTT). This will see if you are metabolising your blood glucose efficiently. If it is considered necessary for this test to be performed the doctor/midwife will discuss it with you. If you give your consent an appointment date will be given.

Who?

In Pregnancy, a GTT may be performed for one of the following reasons:-

- BMI (body mass index over 30)
- Previous baby over 4.5 kg (10lbs)
- Previous history of gestational diabetes
- First degree relative with diabetes (parent or sibling)
- Women from high-risk ethnic group (South Asian, Black Caribbean, Middle Eastern)
- Polycystic Ovarian Syndrome (PCOS)
- Large baby or extra fluid around the baby on scan in current pregnancy
- Previous stillbirth

When & how?

The test is usually performed in the morning in blood test department at Harrogate District Hospital. It may also be performed at Ripon Hospital antenatal clinic. An appointment will be given to you.

You must fast for this test, so please do not eat or drink anything other than water from 10 pm the night before.

Please bring a sandwich to eat once you have completed the test. If you usually take any medication please discuss this with your doctor or midwife before the test.

What happens when I go for the test?

On arrival you will have a sample of blood taken and then you will be given a glucose drink. Following this you will be asked to rest. You are welcome to wait in the antenatal clinic, however please make sure you return to the blood test department after 2 hours, when your second sample is due. You may wish to bring something to read to help you pass the time.

When do I get my results back?

If your results are within the normal range you will not need any further investigations. Your results will be given to you at your next appointment.

If your results show that you have Gestational Diabetes you will be referred to the Joint Diabetes & Obstetric Team. This consists of a Consultant Diabetologist, an Obstetrician, Diabetes Specialist Nurse, Dietitian and Midwife. You will be seen at the earliest opportunity.

Next steps?

You will be given advice on diet and shown how to monitor your blood glucose levels. Some women may have to take tablets and/or insulin to control the blood glucose levels. There will also be additional hospital antenatal appointments you will have to attend. These may include additional ultrasound scans to monitor your baby's growth.

Contact details:-

Diabetes Centre
Harrogate District Hospital
Lancaster Park Road
Harrogate
HG2 7SX
www.hdft.nhs.uk

Diabetes Specialist Nurses
Tel: 01423 555345

Antenatal Clinic
Tel: 01423 553010

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.