

Glucose Tolerance Test (GTT)

Perinatal Services - Maternity

Date & Time of GTT:.....

What is a glucose tolerance test (GTT)?

You have been asked to have a GTT as you have certain risk factors that may increase your risk of developing gestational diabetes (diabetes in pregnancy). A GTT is basically a test to see if your body is able to process glucose (sugar) properly.

What do I need to do for the test.

The test will be taken in the Antenatal Clinic in the Maternity Unit. It is vital that you do not eat or drink anything other than water from 10pm the night before the GTT. If you do eat or drink past this point the test will NOT be taken. It should be noted that cigarettes and vaping must be avoided. Having mints, chewing gum and antacids such as Gaviscon will also result in the test not being taken.

How is the test taken?

When you arrive for the test healthcare professionals will be able to answer any queries you may have.

When you arrive you will have a sample of blood taken.

You will then be given a glucose drink.

During the waiting time you can use the toilet, but you must not smoke cigarettes, vape or eat or drink.

You should not leave the clinic during the test.

After two hours we will take another blood test.

Following the second blood test you may eat or drink normally, it is advisable to bring something to eat for when the test is completed.

How will I get the result?

If the result is abnormal you will be contacted by the Diabetes Specialist Midwife as soon as possible to arrange a convenient appointment.

Contact details

If you have any concerns or questions regarding this test please contact the Antenatal Clinic – 01902 695145 Monday to Friday 09.00 to 17.00 hours.

<https://www.nhs.uk/conditions/gestational-diabetes/>

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਆਲੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。