

Post-Natal Glucose Tolerance Test

Introduction

A post-natal Glucose Tolerance Test (GTT) is a blood test to check if your diabetes in pregnancy has resolved. Testing is important to check if you need further treatment after pregnancy.

Preparation for the GTT

- For the week before the test you should continue with your normal diet.
- From 9.30pm the night before the test you can only have water - no other food or drink is allowed.
- You may drink clear unflavoured water only.
- You must not have chewing gum or sweets while fasting before the test.

The GTT Procedure

- The test will take approximately 2.5 hours.
- When you arrive a fasting blood sample is taken from a vein in your arm.
- You will then be given a measured glucose drink.
- Two hours later a further blood test will be collected from your arm.
- No food or drink (apart from water) is allowed until after the test is completed.
- You may drink clear water only.
- It is recommended you do not smoke during the test as this can affect the results.

- You will be required to stay at the hospital until the test is completed. You should rest quietly and not walk around or do any physical activity. With social distancing requirements, you can wait in your parked car outside the building.
- Once the test is completed you can eat and drink normally. There is a tea bar opposite the clinic or alternatively please feel free to bring something to eat with you.
- There are no risks associated with this test.

Normal result

If your result is normal we will write to you and your GP. We recommend that your GP does a simple blood test each year (HbA1c). This is because you are at higher risk of developing type 2 diabetes in the future. If you have a further pregnancy you will be offered a GTT at around 16 and 26 weeks.

Abnormal result

If you have a slightly raised result – inbetween normal and diabetic – you will receive an appointment to have a repeat GTT, 6 months after you have given birth, to give further time for your body to return to normal. We will inform your GP.

If you have a further pregnancy before a normal test, you need to be booked into the Diabetes Antenatal Clinic in the early stages of pregnancy. Please inform your GP or you can self-refer to maternity services online: www.bradfordhospitals.nhs.uk/selfreferral/

If your result is abnormal and shows type 2 diabetes we will write to you and your GP instructing you what will happen next. You will be offered an appointment in a diabetes clinic at either the hospital or at your GP surgery. It is advisable to get in touch with your GP if you plan further pregnancies to discuss control of diabetes and if you get pregnant you will need to be booked into the Diabetic Antenatal Clinic in the early stages of your pregnancy. Please inform your GP or you can self-refer to maternity services online:

www.bradfordhospitals.nhs.uk/selfreferral/

If you are unable to attend the appointment or you choose not to have the test, please telephone:

The Administrative Team in the Women and Newborn Unit on 01274 364518 between 8.30am and 4.30pm Monday to Friday to re-arrange or cancel the appointment.

People with hearing and speech difficulties, you can contact us using the Relay UK app. Textphone users will need to dial 18001 ahead of the number to be contacted.

Additional information for during your stay:

Wristbands

When you are in hospital it is essential to wear a wristband at all times to ensure your safety during your stay.

The wristband will contain accurate details about you on it including all of the essential information that staff need to identify you correctly and give you the right care. All hospital patients including babies, children and older people should wear the wristband at all times.

If you or your child do not have a wristband whilst in hospital, then please ask a member of staff for one. If it comes off or is uncomfortable, ask a member of staff to replace it.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

Accessible Information Standard

If you need this information in another format or language, please ask a member of staff.

Covid-19

Please inform us and do not attend if you have any symptoms of Covid-19 or have been in recent contact (14 days) with a person with Covid-19. Please use a face covering when in hospital buildings. Please maintain and follow social distancing advice.

Maternity services self referral form

www.bradfordhospitals.nhs.uk/selfreferral/

