

# Glucose Tolerance Test in Pregnancy

## Introduction

A Glucose Tolerance Test (GTT) is a blood test to check if you have developed diabetes (high blood sugars) during your pregnancy. This can cause complications for both mother and baby if not treated appropriately. Testing is therefore important to ensure diagnosis.

The test is offered to:

1. Selected pregnant women at 26 weeks.\*
2. All pregnant women at 16 weeks who developed diabetes in their previous pregnancies. If the test result is normal at 16 weeks, it will be repeated at 26 weeks.
3. Any woman who develops signs of diabetes in pregnancy – e.g increased fluid around the baby or large baby.

## 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 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.

## The Results

If you have an abnormal result an appointment will be sent in the post requesting you to attend the Diabetic Antenatal Clinic. If you are 28 weeks and above and haven't had a scan in the last 2 weeks, you will also have a scan of your baby at that appointment.

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 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.

### \*Selected pregnant women:

Women with any one of the following risk factors are offered GTT as per The National Institute for Health and Care Excellence (NICE) recommendations

1. Body mass index more than 30kg/m<sup>2</sup>
2. Previous baby weighing 4.5Kg or above
3. Previous diagnosis with gestational diabetes
4. First degree relative with diabetes
5. Ethnic minority - South asian, Afro-caribbean and middle eastern