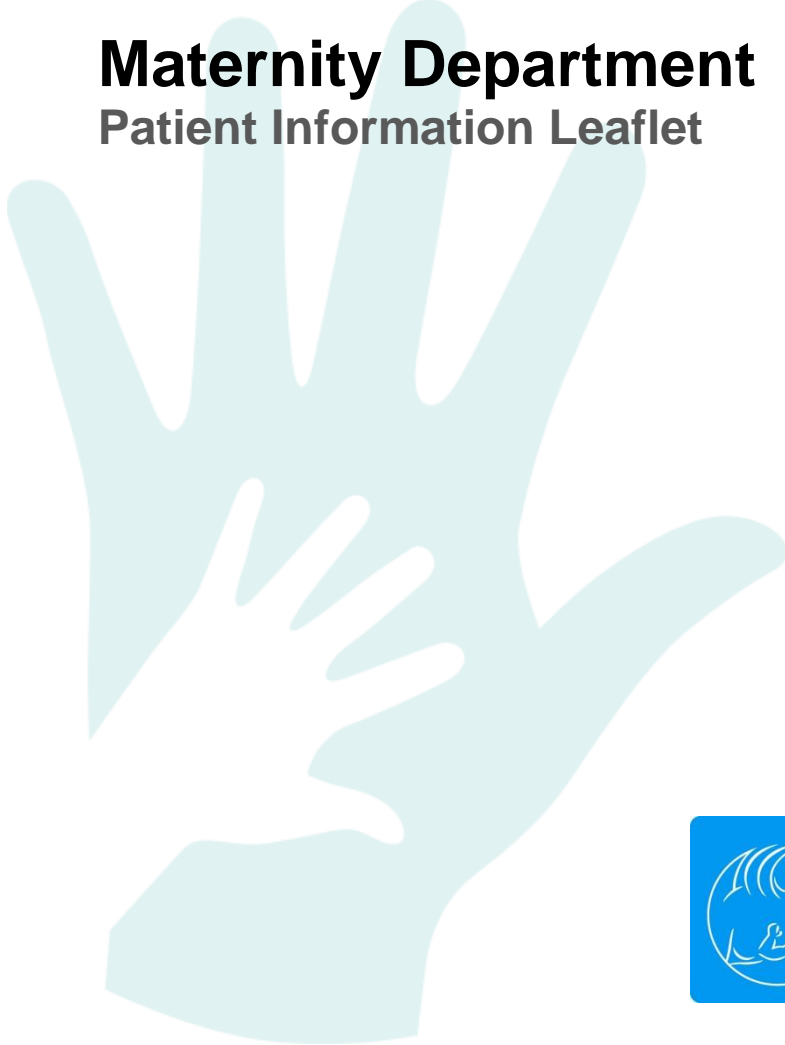


Glucose tolerance test in pregnancy

Maternity Department
Patient Information Leaflet



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What is a glucose tolerance test (GTT)?

It is a simple test which is carried out during pregnancy to find out if you have gestational diabetes.

What is gestational diabetes?

It is usually a temporary form of diabetes where you have high blood glucose levels, especially after eating, and it affects women during pregnancy.

Normally, the amount of glucose in the blood is controlled by a hormone called insulin. However, during pregnancy, some women develop higher than normal levels of glucose in their blood which insulin cannot bring under control.

Gestational diabetes usually develops in the third trimester (after 28 weeks) and normally goes away after the baby is born. However, women who develop gestational diabetes are more likely to develop type 2 diabetes later in life.

It is important that we find out if you have gestational diabetes as you will need to have more antenatal appointments to monitor you and the baby. This is because if you have it, you are more likely to have complications during pregnancy and birth, particularly if the diabetes is not treated.

Who gets gestational diabetes?

You are at a higher risk of developing gestational diabetes if:

- You have had gestational diabetes during previous pregnancies.
- You have a close relative (parent, brother, sister, child) with diabetes.
- You have had a large baby, over 4.5kg, in a previous pregnancy.
- You have had an unexplained stillborn baby in a previous pregnancy.
- You have a body mass index (BMI) over 30.
- You have had sugar (glucose) in your urine during your pregnancy.

- Your family origins are South Asian (specifically India, Pakistan or Bangladesh), black Caribbean or Middle Eastern (specifically Saudi Arabia, United Arab Emirates, Iraq, Jordan, Syria, Oman, Qatar, Kuwait, Lebanon or Egypt).

What are the symptoms?

Often there are no symptoms with gestational diabetes. For this reason, you may have a blood test to screen for the condition at your first antenatal appointment.

If you are at increased risk of gestational diabetes, you will be offered a GTT test which is carried out in weeks 26 to 28 of pregnancy. However, if you have had gestational diabetes in a previous pregnancy, the test will be carried out at 16 to 18 weeks of pregnancy.

High blood glucose can cause some symptoms including:

- a dry mouth with increased thirst
- needing to urinate frequently, especially at night
- tiredness
- recurrent infections, such as thrush (a yeast infection)
- blurred vision

What does the test involve?

- The night before the test, you must not eat anything from 10pm. You can have sips of water.
- When you arrive at the clinic, we will take a sample of your blood.
- Then you will need to drink a glucose drink within five to six minutes.
- After this, you will need to sit in the department for two hours. During this time you will not be able to eat, drink or smoke. It is a good idea to bring a magazine, book or something to do, and also a snack for after the test.
- After two hours, we will take a second blood test. The test is then finished and you can go home.

Please bring your hand held green notes when you come for the test.

How do I book the test?

Your community midwife or the antenatal clinic staff will advise you on how to book your test.

Where does the test take place?

It will be at one of the following places:

- The Briar Suite, Brierley Hill Health and Social Care Centre, Venture Way, Brierley Hill, DY5 1RU (opposite Asda car park).
- Ladies Walk Clinic, Priory Lane, Dudley, DY3 3UD.

Please make sure you know where your test is taking place.

How do I get the results?

The results of your test will be reviewed within two working days. If the result is normal, there is no further action and your community midwife will be notified of the result. She will tell you the results.

If the result is abnormal, we will refer you to a joint antenatal/diabetic clinic and they will arrange to see you.

How is gestational diabetes treated?

If you have gestational diabetes, when you are referred to the antenatal/diabetes clinic you will be given information about monitoring and controlling your blood glucose (sugar) levels.

Sometimes, changing diet and exercising more will be enough to control your gestational diabetes. Some women may need medication.

You will be offered more frequent antenatal appointments so that you and your unborn baby can be closely monitored.

If you need to rearrange your test, please call 01384 244312.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Pregnancy Day Assessment Unit on 01384 244312 or your community midwife (9am to 5pm, Monday to Friday)

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/maternity/>

This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510

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यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिये तो पेशन्ट इनफरमेशन को-आरडीनेटर को टैलीफोन नम्बर **0800 0730510** पर फोन करें।

ਜੇ ਤੁਸੀਂ ਆ ਪਤ੍ਰਿਕਾ ਤੁਸਾਰੀ ਪੋਤਾਨੀ ਭਾਸ਼ਾ (ਬੁਝਯਾਨੀ) ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕ੍ਰਿਪਾ ਕਰੀ ਜੇ ਪੇਸ਼ਾਨਟ ਈ-ਓਰੀਨੇਟਰ ਨੂੰ **0800 0730510** ਪਰ ਸੰਪਰਕ ਕਰੋ।

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0800 0730510 على التلفون **Information Co-ordinator**

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