

# Glucose Tolerance Test (GTT)

## What is the GTT?

The GTT is a test that diagnoses you with gestational diabetes. You need to fast for the GTT, and be at the collection centre for a little over two hours. In that time you will have a blood test, be given a glucose drink, wait an hour have another blood test, wait an hour, you guessed it ! Another blood test. This should be done at 26-28 weeks.

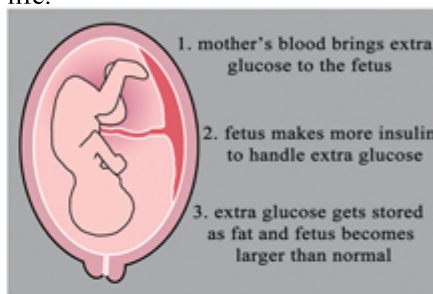
## Why does it matter when you're pregnant?

During pregnancy all women make two to three times more insulin than before you were pregnant. Your body is unable to use the insulin up quick enough, causing gestational diabetes. Placental hormones also interfere with the way that insulin works within your body which may result in GDM. Gestational diabetes mellitus (GDM), is diabetes during pregnancy. While GDM usually rectifies after you have had the baby. It is a reminder that if you don't make lifestyle changes you will have a 40% chance of developing diabetes later in life.

## Am I at risk?

You are at greater risk of developing GDM if you are :

- BMI > 35
- Strong family history of diabetes
- Multiple pregnancy
- Age over 35 years
- Previous GDM
- Ancestors of Indigenous Aboriginal, Asian or Mediterranean descent



## What if I am positive?

You will be referred to the diabetes educator at the hospital to put a plan in place for your care. They will teach you how to check your sugar levels, and give you dietary advice.

## What happens to my baby?

If your blood sugar levels are not well controlled you are at risk of having a large baby, which may have low blood sugar levels once born. Your baby will need an early feed soon after birth. Your baby's blood sugars will be closely monitored by the midwives.

## Instructions for the test:

- eat a normal regular diet for a few days before the test.
- fast from 10pm the night before.
- have a blood test first.
- drink glucose drink over a 5 minute period.
- wait an hour, then another blood test.
- wait an hour and then have a final blood test
- no smoking the day of the test.
- you must sit & wait
- you can sip water

Prepared by Kellee's Kards for Midwifery Matters  
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For further information:  
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