

Information for patients

Having a glucose tolerance test when you are pregnant



Your midwife has arranged for you to have a Glucose Tolerance Test. The aim of this leaflet is to provide you with some information about what will happen to enable you to prepare for this investigation.

What is a Glucose Tolerance Test?

A Glucose Tolerance Test is a test which measures the amount of sugar in your blood after you have swallowed a sugary drink called Polycal®.

How do I prepare for my Glucose Tolerance Test?

It is important that you prepare yourself for the test in the following ways;

1. Eat normally for 3 days before the test (in other words do not go on a diet).
2. Do not take any extra exercise the day before the test.
3. You should have nothing to eat or drink after 10.00pm the night before the test, except for water.
4. If you are a smoker please do not smoke during the test.

Where will the test take place?

The test will take place in the Antenatal Clinic at the Jessop Wing, Tree Root Walk, Sheffield.

Or at a designated Children's Centre.

How long will the test take?

The test will take just over two hours.

How is the test performed?

When you arrive for your test:

- A blood sample will be taken from your arm.
- You will then be asked to swallow a sugary drink called Polycal®.
- A second blood sample will be taken from your arm two hours after you have swallowed the Polycal®.

You will need to remain at the Jessop Hospital until the test is complete and do no exercise whilst the test is being performed.

What will happen when the test is complete?

At the end of the test you will be able to go home. You may wish to bring a snack with you to have before you leave (at the end of the test).

How will I get my result?

If the result of your test is normal the hospital will not contact you and you should keep your existing antenatal appointments.

If the result of the test shows you have diabetes the diabetes team will contact you either by phone or by letter. You will be asked to attend a diabetes workshop in the Antenatal Clinic at the Jessop Wing, where the diabetes team will discuss your ongoing care with you.

This booklet is designed to give you all the information you should need about a glucose tolerance test.

If you have any further questions about this test please contact your community midwife. If you do not have a number for your midwife please contact the community midwifery office on:

0114 226 8301

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