



## GLUCOSE TOLERANCE TEST

A glucose tolerance test is a routine test during pregnancy that checks a pregnant woman's blood glucose (sugar) level. A glucose tolerance test is done if a glucose screening test result is higher than normal.

- It is used to diagnose gestational diabetes. Gestational diabetes is high blood sugar (diabetes) that starts or is found during pregnancy.

### For the glucose screening test:

- Your diet will need to be adjusted slightly on the day of the test (see instructions below).
- You will be asked to drink a liquid that contains glucose.
- Your blood will be drawn 1 hour after you drink the glucose solution to check your blood glucose level
- **DO NOT TAKE prenatal vitamins the night before or the morning of the blood test!!!**
- On the **day** of the test eat a light breakfast (i.e., toast, eggs, unsweetened cereal). **Nothing high in sugar – do not have additional sugar (i.e., jams, fruits or juices of any kind)**
- Wait 5-10 minutes after eating, then drink the entire bottle of glucose within 5 minutes. Please note the exact time when you finish drinking the glucose.
- Please do not eat or drink (except water) anything after drinking the glucose until you have had your blood drawn.
- Please arrive at the office **40 minutes** from the time you have finished your glucose drink. Upon arrival, please advise the receptionist at what time you finished your drink. This will allow the lab to be able to draw your blood on time. You need to have your blood drawn 1 hour from when you finished your drink. If you are late, we may need to reschedule the test.
- **If your blood glucose is too high, you will need to come back for a glucose tolerance test. For this test:**
  - Do not eat or drink anything (other than sips of water) for 8-14 hours before your test. (You also cannot eat during the test).
  - You will be asked to drink a liquid that contains glucose.
  - You will have blood drawn before you drink the liquid, and again every 60 minutes after you drink it. Each time, your blood glucose level will be checked.
  - Allow at least 3 hours for this test.

### How to Prepare for the Test:

Eat normally in the days before your test. Ask your health care provider if any of the medicines you take can affect your test results.

### How the Test Will Feel:

Most women do not have side effects from the glucose tolerance test. But some feel nauseated, sweaty, or lightheaded after they drink the glucose solution. Serious side effects from this test are very uncommon.

### Why the Test is Performed:

Most pregnant women have a glucose screening test between 26 and 28 weeks of pregnancy. This test checks for gestational diabetes. The test may be done earlier if you have high glucose levels in your urine during your routine prenatal visits or if you have a high risk for diabetes.

**(OVER)**



### **Normal Results**

Most of the time, a normal result for the glucose screening test is a blood sugar that is equal to or less than 130mg/dL 1 hour after drinking the glucose solution. A normal result means you do not have gestational diabetes.

Note: mg/dL means milligrams per deciliter. It is a way to indicate how much glucose is in the blood.

If your blood is higher than 130mg/dL, the next step is the oral glucose tolerance test. This test will show if you have gestational diabetes. Most women (2 out of 3) who take this test do NOT have gestational diabetes.

### **What Abnormal Results Mean**

Abnormal blood values for a 3-hour 100-gram glucose tolerance test are:

- Fasting: greater than 95mg/dL
- 1 hour: greater than 180mg/dL
- 2 hour: greater than 155mg/dL
- 3 hour: greater than 140mg/dL

If only 1 of your blood glucose results in the oral glucose tolerance test is higher than normal, your healthcare provider may simply suggest you change some of the foods you eat. Then, your healthcare provider may test you again after you have changed your diet.

If more than 1 of your blood glucose results is higher than normal, you have gestational diabetes.