



This leaflet contains some useful information about GTT

An appointment has been made for you to have a GTT on:

Date:

Time:

At:

What is the test for?

It is a simple screening test for gestational diabetes, carried out between 26 and 28 weeks of your pregnancy.

What is gestational diabetes?

Gestational diabetes is a type of diabetes that starts during pregnancy. If you have diabetes, your body isn't able to use the sugar (glucose) in your blood as well as it should. Therefore, the levels of sugar in your blood become higher than normal.

Gestational diabetes affects around 2-4% of pregnant women.

What are the symptoms?

In most women, gestational diabetes causes no symptoms. But some women may experience symptoms such as increased thirst, increased need to pass water or increased hunger although these are also common later in pregnancy anyway.

Why do I have to have one?

Your midwife may have recommended that you have a GTT for a number of reasons, including:

- Glycosuria (sugar) in urine (2+ or higher, or 1+ on more than one occasion)
- Previous large baby (more than 4.5 kilos)
- BMI (Body Mass Index) of over 30
- Family history of diabetes (mother, father, sibling or child only, not husband/partner)
- Gestational diabetes in an earlier pregnancy

What are the effects of gestational diabetes?

Higher sugar levels in your blood can be unhealthy for both you and



your baby. If left undiagnosed, it may cause your baby to grow larger, have a low sugar level at birth or develop jaundice.

How is the GTT done?

You will be asked to eat nothing from midnight before your test. You may drink small amounts of water but no milk or fruit juices. It is important that you do not rush around prior to having your GTT as excessive activity may interfere with your glucose level and may consequently affect the results of the test. When you arrive, it may be necessary for you to rest for a while prior to having the test. You should also refrain from taking any indigestion remedies.

What will happen then?

A finger prick test will be done to determine whether you have any sugar in your blood. If the result of this is below 7.0 mmol/l, the GTT can be done and a blood sample will be taken.

You will then be given a sugary drink (Polycal) plus a further quantity of water, both of which are measured amounts so you will need to drink it all.

You will then need to rest for 2 hours, after which time another blood sample will be taken. Both samples will be sent to the Lab for analysis to see how your body deals with the glucose.

However if the result of the finger prick test is 7.0 mmol/l or higher, the GTT cannot be done. But a blood sample will still be taken and sent for testing at the Lab. If the result of the test is 7.0 mmol/l or under, another appointment will be made for you to have a GTT. If the result comes back over 7.0 mmol/l, you will be referred to the joint Obstetric/Diabetic clinic at the consultant Unit.

Can I eat and drink during the test?

Unfortunately you cannot eat or drink anything until after the second blood sample has been taken.

If you are a smoker, you must also refrain from smoking until the test is complete.

When will I get the results of my GTT?

The results take a few days to process. If the results are within normal levels you will be informed of them at your next antenatal visit. However, if they are above normal levels, you will be contacted by a midwife who will then refer you to the joint obstetric/diabetic clinic at a consultant unit. Eating a healthy, well-balanced diet can usually keep gestational diabetes under control.

What happens after my baby is born?

Gestational diabetes will usually disappear shortly after you have had your baby. However, there is a risk of having gestational diabetes with future pregnancies.

If you did develop gestational diabetes you will be advised to have a repeat GTT 5-6 weeks after the birth of your baby and you will be offered a follow-up appointment in the diabetic clinic.

Evidence also suggests that there is an increased risk of developing diabetes later in life, so it is important to continue with a healthy diet and lifestyle.

If you require further information please do not hesitate to speak to a midwife or the phlebotomist who is carrying out your GTT.

Contact telephone numbers

Monday - Thursday 9am-5pm and Friday 9am – 1pm:

- Antenatal Clinic 01225 824659
- Antenatal Reception 01225 824645