

Glucose Tolerance Test

Information for patients



You have been provided with this leaflet as you have been identified as being at higher risk of developing Gestational Diabetes. Therefore we would like to offer you a Glucose Tolerance Test to test for Gestational Diabetes.

What is gestational diabetes?

Gestational Diabetes is high blood sugar that develops during pregnancy and usually disappears after giving birth. It can happen at any stage of pregnancy, but is more common in the second or third trimester. It happens when your body cannot produce enough insulin – a hormone that helps control blood sugar levels.

What makes me higher risk of developing gestational diabetes?

- Family history of diabetes – first degree relative only
- Obesity ($>30\text{kg/m}^2$)
- Family origin with a high prevalence of diabetes
- Previous Gestational Diabetes
- Previous large baby $>4.5\text{kg}$ or previous baby over the 95th centile on customised growth chart

The Glucose tolerance test

1. To be able to have your test you will need to be **nil by mouth (nothing to eat or drink)** from midnight. You can have **plain water, no smoking or chewing gum**. If you have eaten your results may be inaccurate.
2. When you arrive for the test your blood will be taken to test your fasting blood sugar level.
3. You will then be given a sugary drink that you need to drink within 5-10 minutes. (Any longer and your results will not be accurate)
4. You will then need to remain seated in the waiting room for two hours. (Exercise can cause results to be inaccurate)
5. A blood test will then be taken again to test how your body manages with the sugary drink. You are able to leave the department after you have had this blood test.
6. If your blood test results show you have gestational diabetes, a member of the diabetes team will **ring you within a week** to inform you of this diagnosis.

What happens if I don't attend the appointment?

If you are unable to attend your appointment, please rearrange by contacting the Antenatal Reception Desk on 0113 206 5180 so your appointment can be rearranged. If you do not attend your first appointment, a second appointment will be made for you. If you do not attend both appointments you will not be offered any further appointments.

What if I don't want to have the test?

It is your choice to decline the glucose tolerance test but please make sure you are aware of the risks of undiagnosed gestational diabetes (documented below). Please let your community midwife know if you do not want to have the test.

If you have Gestational Diabetes that is not treated, you are at increased risk of the complications below:

- Large baby
- Stillbirth
- Increased risk of forceps/caesarean section
- Increased risk of a shoulder dystocia
- Neonatal hypoglycaemia (Your baby having low blood sugar in the early days of life)

If you have any further questions or require any further information please contact your community midwife.



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