

GTT (Glucose Tolerance Test)

A GTT checks for diabetes. The test checks how your body uses glucose (sugar). This test is often done during pregnancy. Your doctor has ordered a

- One hour test
- Three hour test
- Four hour test
- Five hour test

Arrive on time for your test.

To Prepare

- Do not eat, drink or chew anything for at least 8 hours before your test.
- Do not smoke the morning of the test.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.

During the Test

- Your blood sample is taken with a needle.
- You are given Glucola to drink. It is very sweet. Drink it all.
- Do not eat or drink anything except water until the end of the test.
- Your blood is taken each hour for the length of the test. Return to the lab a few minutes before each blood sample.
- If you **do not feel well** at anytime, tell the staff right away.

After the Test

- You may eat and drink again.
- Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

葡萄糖耐量测试(GTT)

葡萄糖耐量测试(GTT)是为了检查糖尿病，检查身体如何利用葡萄糖（糖份）。该测试通常在孕期进行。你的医生预定了一个

- 1小时的测试
- 3小时的测试
- 4小时的测试
- 5小时的测试

做测试要准时。

准备工作

- 测试之前至少8个小时不要吃、喝或咀嚼任何东西。
- 测试当天上午不要吸烟。
- 咨询医生测试当天上午该不该吃药。如果应该吃，则只可喝几小口水来送药。

测试过程中

- 用针抽血。
- 工作人员会让你喝很甜的 Glucola。你要把它全部喝下去。
- 测试结束之前，除了喝水之外，不要吃喝任何东西。
- 测试期间每隔1个小时抽一次血。每次抽血前几分钟回到实验室。
- 任何时候**感觉不适**，要立即告诉工作人员。

测试之后

- 可以重新进食、喝水。
- 检测结果会送给你的医生。医生会把检测结果告诉你。

如果有任何问题或忧虑，你可以告诉医生或护士。

GTT (Glucose Tolerance Test). Simplified Chinese.

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