

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.

葡萄糖耐量測試 (GTT)

葡萄糖耐量測試(GTT)是為了檢查糖尿病，可以檢查身體怎樣利用葡萄糖

(糖份)。該測驗通常在懷孕期間進行。您的醫生已為您預訂了

- 一小時的測試
- 三小時的測試
- 四小時的測試
- 五小時的測試

做測試請準時。

測試前之準備

- 測試前至少八個小時請勿進食、飲用或嚼任何東西。
- 測試當天早上請勿抽菸。
- 請教您的醫生應否在測試當天早上吃藥。如需要，請只喝幾小口水送服。

測試過程中

- 工作人員會以針筒抽取您的血液樣本。
- 工作人員會請您飲用“糖可樂”(Glucola)，這是一種非常甜的飲料，必須全部喝完。
- 測試結束前，除喝水以外請勿進食或飲用任何東西。
- 測試期間每小時抽血一次，請於每次抽取血樣前幾分鐘回到實驗室。
- 如在測試期間感到任何不適，請立即告知工作人員。

測試之後

- 可恢復飲食、喝水。
- 測試結果會送到您的醫生處，讓醫生跟您討論結果。

如有任何問題或疑慮可以向您的醫生或護理人員諮詢。

GTT (Glucose Tolerance Test). Traditional Chinese.

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