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.
• If you are to take your medicines the morning of the test, take them 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.