Glucose Tolerance Test

A glucose tolerance test measures your body's response to sugar (glucose). This test can be used to check for high blood sugar caused by type 2 diabetes. A version of the test is also used to check for gestational diabetes (a type that develops during pregnancy).

Checking for Type 2 Diabetes (not during pregnancy)

Before Test
- You will need to fast, so you are not able to eat or drink anything except for water for at least 8 hours before the 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 Test
- A sample of your blood is taken with a needle.
- You are given a sweet soda to drink. Drink it all as directed.
- Do not eat or drink anything except water until the end of the test.
- Another blood sample will be taken each hour for the length of the test.

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

Checking for Gestational Diabetes During Pregnancy

Before Test
- You do not need to fast for this test.

During Test
- You will be given a sweet soda to drink.
- Do not drink or eat anything for 1 hour after the soda.
- After 1 hour, you will have a finger stick to get a drop of your blood to check your blood sugar level.

After Test
- If your level is high, more testing may be needed.

If you do not feel well at anytime, tell the staff right away.

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