

# 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.

# Test de tolérance au glucose (GTT)

Le test de tolérance au glucose permet de déceler le diabète. Le test vérifie comment votre corps utilise le glucose (sucre). Ce test est souvent réalisé lors d'une grossesse. Votre médecin a demandé un :

- Test d'une heure
- Test de trois heures
- Test de quatre heures
- Test de cinq heures

**Arrivez à l'heure pour ce test.**

## Pour vous préparer

- Ne mangez pas, ne buvez pas et ne mâchez rien pendant au moins 8 heures avant votre test.
- Ne fumez pas le matin du test.
- Si vous devez prendre vos médicaments le matin du test, prenez-les avec des gorgées d'eau uniquement.

## Lors du test

- Un prélèvement de sang est réalisé à l'aide d'une aiguille.
- On vous donnera du Glucola à boire. C'est très sucré. Buvez-le entièrement.
- Ne mangez et ne buvez rien sauf de l'eau jusqu'à la fin du test.
- Un prélèvement de sang sera effectué toutes les heures pendant toute la durée du test. Retournez au laboratoire quelques minutes avant chaque prélèvement de sang.
- Si, à n'importe quel moment, **vous ne vous sentez pas bien**, parlez-en immédiatement au personnel du laboratoire.

## **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.**

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## **Après le test**

- Vous pouvez à nouveau manger et boire.
- Le résultat des tests est envoyé à votre médecin. Votre médecin discutera des résultats avec vous.

**Parlez à votre médecin ou à votre infirmière si vous avez des questions ou des inquiétudes.**

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GTT. French.