

# 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.

# GTT (ブドウ糖負荷試験)

GTTは、糖尿病の検査を行います。検査は、貴方の身体がどのようにグルコース(糖)を利用しているかを検査するものです。この検査は通常、妊娠中に行われます。貴方の医師は、以下の検査を勧めています。

- 1時間検査
- 3時間検査
- 4時間検査
- 5時間検査

検査日は、時間を厳守して下さい。

## 検査前

- 検査の少なくとも8時間前から飲食物は一切控えて下さい。
- 検査日の朝はタバコを吸わないで下さい。
- 検査当日の朝に薬を服用する場合、少量の水で飲んでください。

## **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.**

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## 検査中

- 血液サンプルを針で採取します。
- 検査時はグルコーラ (とても甘い) が出されますので、全て飲み切って下さい。
- 検査が終わるまで、飲食物は一切控えて下さい。
- 検査時間に合わせ、一時間毎に血液が採取されます。毎回、血液サンプルを取る数分前には検査室に戻って下さい。
- 具合が悪い時は、直ちにスタッフにお知らせ下さい。

## 検査後

- 検査後は、飲食物の制限はありません。
- 検査結果は、貴方の医師に送付されます。医師はその結果を貴方に報告します。

**質問や不安がある場合は、医師または看護師にご相談下さい。**

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GTT. Japanese.