

# 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.

# 葡萄糖耐量测试 (GTT)

葡萄糖耐量测试 (GTT) 是为了检查糖尿病，检查身体如何利用葡萄糖（糖份）。该测试通常在孕期进行。你的医生预定了一个：

- 1小时的测试
- 3小时的测试
- 4小时的测试
- 5小时的测试

做测试要准时。

## 准备事项

- 测试之前至少8个小时不要吃、喝或咀嚼任何东西。
- 测试当天上午不要吸烟。
- 如果测试当天早上吃药，则只可喝几小口水来送药。

## 测试过程中

- 用针抽血。
- 工作人员会让你喝很甜的 **Glucola**。你要把它全部喝下去。
- 测试结束之前，除了喝水之外，不要吃喝任何东西。
- 测试期间每隔1个小时抽一次血。每次抽血前几分钟回到实验室。
- 任何时候**感觉不适**，要立即告诉工作人员。

## **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.**

5/2009. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.org](http://www.healthinfotranslations.org).

Unless otherwise stated, user may print or download information from this website for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

## 测试之后

- 可以重新进食、喝水。
- 检测结果会送给你的医生。医生会把检测结果告诉你。

如果有任何问题或忧虑，你可以告诉医生或护士。

5/2009. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.org](http://www.healthinfotranslations.org).

Unless otherwise stated, user may print or download information from this website for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

GTT (Glucose Tolerance Test). Simplified Chinese