

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.

Baaritaanka GTT (Glucose Tolerance Test)

GTT-du waxay baartaa sonkorowga. Waxaa baaritaanku eegaa sida uu jirkaagu *glucose*-ta (sonkorta) u isticmaalayo. Waxaa inta badan baaritaankan la sameeyaa xilliga uurka la leeyahay.

Dhakhtarkaagu wuxuu amray:

- Baaritaan hal saac ah
- Baaritaan saddex saac ah
- Baaritan afar saac ah
- Baaritaan shan saac ah

Waqtigeeda ku imow baaritaankaaga.

Si aad isugu diyaarisid

- Ha cunin, cabin, calalin waxba ugu yaraan 8 saacadood oo ka horraysa baariddaada.
- Sigaar ha cabin subaxa baaritaanka.
- Haddii aad qaadanaysid qaar ka mid ah dawooyinkaaga subaxa baaritaanka, ku qaado kaliya kabashooyin yaryar oo biyo ah.

Waqtiga Baaritaanka

- Dhiig saambal, ama in yar oo tusaale ahaan ah, ayaa cirbad lagaaga qaadi qacantaada.
- Waxaa lagu siin Glucola si aad u cabto. Aad bay u macaan tahay. Dhammaanteed cab.
- Ha cunin hana cabin waxba ilaa ay baariddu dhamaato.

- 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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- Dhiig ayaa lagaa qaadayaa saacad kasta inta uu baaritaanku socdo, inta ay le'eg tahay baaritaanka waqtigiisa. Ku noqo shaybaarka dhawr daqiiqo ka hor intaan lagaa qaadin saambal kasta.
- Haddii **aadan fiicnaan dareemin** mar kasta, isla-markiiba u sheeg shaqaalaha.

Baaritaanka ka dib

- Waad cuni, cabbina kartaa mar kale.
- Natiijooyinka baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa natiijooyinka kula wadaagi doona.

La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad wax su'aalo ah ama walaac ah qabtid.

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