

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.

Prueba de Tolerancia a la Glucosa (GTT, por sus siglas en inglés)

Una GTT verifica si padece diabetes. La prueba verifica cómo su cuerpo utiliza la glucosa (azúcar). Esta prueba a menudo se realiza durante el embarazo. Su médico ha ordenado:

- Una prueba de una hora
- Una prueba de tres horas
- Una prueba de cuatro horas
- Una prueba de cinco horas

Llegue puntualmente a su prueba.

Cómo prepararse

- No coma, beba ni mastique nada durante por lo menos 8 horas antes de su prueba.
- No fume la mañana de la prueba.
- Si tiene que tomar medicamentos la mañana del examen, tómelos bebiendo solamente sorbos de agua.

Durante la prueba

- Se tomará una muestra de su sangre utilizando una aguja.
- Se le dará a tomar una Glucola. Es muy dulce. Tómela toda.
- No coma ni beba nada excepto agua hasta finalizar la prueba.
- Se extraerán muestras de sangre cada hora durante toda la duración de la prueba. Regrese al laboratorio algunos minutos antes de cada muestra de sangre.
- Si usted **no se siente bien** en algún momento, infórmele al personal de inmediato.

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.

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.

Después de la prueba

- Puede volver a comer y beber.
- Los resultados son enviados a su médico, quien los analizará con usted.

Hable con su médico o enfermera si tiene alguna pregunta o duda.

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.

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). Spanish