

# 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.

# 葡萄糖耐量測試（GTT）

葡萄糖耐量測試（GTT）是爲了檢查糖尿病，可以檢查身體怎樣利用葡萄糖（糖份）。該測驗通常在懷孕期間進行。您的醫生已爲您預訂了：

- 一小時的測試
- 三小時的測試
- 四小時的測試
- 五小時的測試

做測試請準時。

## 測試前之準備

- 測試前至少八個小時請勿進食、飲用或嚼任何東西。
- 測試當天早上請勿抽菸。
- 如測試當天早上吃藥，請只喝幾小口水送服。

## 測試過程中

- 工作人員會以針筒抽取您的血液樣本。
- 工作人員會請您飲用“糖可樂”（Glucola），這是一種非常甜的飲料，必須全部喝完。
- 測試結束前，除喝水以外請勿進食或飲用任何東西。
- 測試期間每小時抽血一次，請於每次抽取血樣前幾分鐘回到實驗室。
- 如在測試期間感到任何不適，請立即告知工作人員。

## **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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## 測試之後

- 可恢復飲食、喝水。
- 測試結果會送到您的醫生處，讓醫生跟您討論結果。

如有任何問題或疑慮可以向您的醫生或護理人員諮詢。

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GTT (Glucose Tolerance Test). Traditional Chinese