



## Patient Information

# Glucose Tolerance Test (GTT) in Pregnancy

**Day Assessment Unit Great Western Hospital (GWH), level 2, next to  
Ultrasound Department in Women's Outpatients.**

**The appointment below is for a glucose tolerance test (GTT). This is a test to  
see how well you are absorbing sugar.**

When you arrive for your GTT please wait in the main reception in Women's Health  
Outpatients – there is no receptionist early morning but we are expecting you and  
will know you are waiting

### **How is the test done?**

It involves coming to the Great Western Hospital as a day patient for approximately  
two and a half hours.

### **You must not eat or drink anything except water from 12 midnight on the day of the test**

On arrival at the Day Assessment Unit, we will take a sample of your blood; you will  
then be given a drink of sugar solution.

Another blood test will be taken two hours after the drink is finished. We advise that  
you bring a light snack to eat after the test has been completed and then you will be  
allowed home.

We also encourage you to **drink water prior to attending for the test**, as this helps  
when taking your blood sample.

### **Why do I need a GTT?**

Occasionally during pregnancy the hormones you secrete interfere with the way  
sugar is absorbed causing an impaired glucose tolerance which means your blood  
sugar level is slightly raised (Ref 1).



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## Declining a GTT

While you can decline the GTT, just as you can decline any prenatal test during your pregnancy, gestational diabetes is a condition you don't want to go unnoticed.

The main reason for screening and treating impaired glucose tolerance is because women with gestational diabetes are more likely to have large babies, which can be difficult to deliver vaginally; they also experience higher rates of Caesarean and are more likely to develop type 2 diabetes later in life.

## Treatment

If your sugar levels are high we will initially give you a healthy eating diet to follow for the rest of your pregnancy and we will show you how to test your own blood sugar. The doctor may also decide to give you some medication as well as the healthy eating diet.

If you have any problems or questions please telephone (01793) 604825, open 07.30am to 20.15pm, 7 days a week, to speak to a member of staff in the Day Assessment Unit.

If you are unable to keep the appointment, please ring the above number.

For further information

<https://www.nhs.uk/conditions/gestational-diabetes/>

## References

1. <https://www.yourhormones.info/endocrine-conditions/gestational-diabetes/>

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

### Document Control

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