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## **Gestational Glucose Tolerance Test Patient Instructions**

Your provider has ordered a glucose tolerance test. Most pregnant women have a glucose screening test between 26 and 28 weeks of pregnancy. A glucose tolerance test is a routine test that checks a pregnant woman's blood glucose (sugar) level. It is used to diagnose gestational diabetes. Gestational diabetes is high blood sugar (diabetes) that starts or is found during pregnancy.

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### **Scheduling an Appointment**

- You will need to schedule an appointment to have this test done at Enloe Laboratory. If you choose to have it done at another lab, you may need to contact the other lab for information about when you can have the test done.
- Limited appointments are available between 7 AM and 10 AM, 7 days a week. Please allow at least 3 hours for this test.
- Appointments can be scheduled by calling Enloe Laboratory at (530) 332-7360, at least 24 hours in advance of your preferred date.
- The laboratory has very limited waiting space. If possible, please make other arrangements for child care for the morning of the test.

### **How to Prepare for the Test**

- Eat normally in the days before your test. Ask your health care provider if any of the medicines you take can affect your test results.
- Do not eat or drink anything (other than sips of water) for 8-14 hours before your test. (You also cannot eat during the test).

### **On the Day of the Test**

- Arrive at least 15 minutes before your scheduled appointment. First you will need to go to the registration office near the main lobby. When your registration is completed, you will be directed to the laboratory for your test.
- You will be asked to drink a very sweet liquid that contains glucose.
- You will have blood drawn before you drink the liquid.
- You will have blood drawn two more times after that. These blood draws will be done 1 hour and 2 hours after drinking the glucose. Each time, your blood glucose level will be checked.
- You will be asked to stay in the laboratory for the entire time of the test. This is for your safety. Do not schedule the appointment if you cannot stay for the full length of the test.

### **How the Test Will Feel**

- Most women do not have side effects from the glucose tolerance test. But some feel nauseated, sweaty, or lightheaded after they drink the glucose solution. Serious side effects from this test are very uncommon.

### **Test Results**

- The laboratory will send the test results to your health care provider.