



## **Patient Instructions for 3-Hour Gestational Glucose Tolerance Test**

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### Things to know before the test

- TESTING for gestational diabetes is usually done between 24 and 28 weeks of pregnancy. If you have risk factors for gestational diabetes, you may be tested earlier.
- PLEASE Make a LAB appointment for your 3-hour GTT Test with a Clinic receptionist.
- FOR accurate results, it is very important that you follow these instructions exactly.
- DO NOT restrict your diet in the days before the test. If you read food labels or count carbohydrates, consume at least 150 grams of carbohydrate per day for at least 3 days before the test.
- YOU MUST BE FASTING for this test. DO NOT eat or drink anything except WATER for at least 8 hours before the test. You may drink plain water ONLY. Do NOT drink coffee, tea, soda (regular or diet) or any other beverages. Do NOT smoke, chew gum (regular or sugar-free) or exercise.
- BRING something with you to do such as a book or laptop computer, etc. (wi-fi is available). You must remain in the clinic during the 3-hour time needed for this test.

### On the Day of the 3 Hour Gestational Glucose Tolerance Test

- BRING something to eat afterward. You will likely be hungry and possibly a bit nauseated from the test. Eating a protein snack after the test may be helpful.
- A FASTING Blood sample will be collected and tested for glucose. If the results are normal, you will be asked to drink 10 ounces of 100 gram oral glucose tolerance beverage.
- DRINK the entire bottle (10 ounces) of 100 gram glucose beverage within 5 minutes. Lab staff will note the time you finish drinking the glucose solution.
- DO NOT eat or drink anything except plain water after finishing the beverage. (No mints, cough drops or chewing gum. No smoking is allowed.)
- DURING the next 3 hours, you must remain in the Clinic. You may relax in the clinic waiting area if you do not have an appointment with your provider during this time. Please notify the clinic staff if you feel ill or need assistance.
- AT THE END of 1 hour, 2 hours and 3 hours, we will ask you to return to the lab to have your blood samples drawn.
- AFTER the test is complete, you may eat and drink as normal. You may wish to bring a protein snack with you to eat after your blood has been drawn.
- IF you have an abnormal gestational glucose tolerance test, you will need to see a dietician and diabetes educator as soon as possible.

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Questions?

- PLEASE CALL Cedar Rapids Ob-Gyn Specialists 319-363-2682