

Patient Information Leaflet

# About the Glucose Tolerance Test to detect Gestational Diabetes (Diabetes in Pregnancy)

Produced by:  
Maternity Services and Diabetes Centre

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**If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.**

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**Polish:**

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

**Russian:**

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

**Turkish:**

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

**Bulgarian:**

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

**Czech:**

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

**Bengali:**

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কতে জিজ্ঞাসা করুন এবং সাহায্য করুন

## **What is a Glucose Tolerance Test (GTT)?**

This is a blood test which will show whether you have, or may develop, diabetes in pregnancy (sometimes called gestational diabetes). It is usually carried out when you are around 26 weeks pregnant as this is a time when the diabetes has developed enough to be diagnosed while still being early enough to control the condition and reduce the effects on your baby. A GTT may be advised earlier in pregnancy if you have symptoms of gestational diabetes.

## **What is diabetes?**

Diabetes is a disorder of metabolism: that is the way our bodies digest food for growth and energy. Most of the food we eat is broken down into glucose; a form of sugar. Glucose is the main source of fuel for the body. After digestion, glucose passes into the bloodstream where it is used by cells for growth and energy. For glucose to get into the cells from the blood insulin must be present. Insulin is a hormone produced by the pancreas which is a large organ behind the stomach.

When we eat, the pancreas automatically produces the right amount of insulin to move glucose from our blood to our cells. However, in people with diabetes the pancreas produces little or no insulin, or the cells do not respond appropriately to the insulin that is produced. Glucose then builds up in the body but cannot be used as fuel. The body will try to get rid of excess glucose in the urine.

## **What is gestational diabetes?**

Gestational Diabetes is a type of diabetes that only occurs in pregnancy. It occurs because the body cannot produce enough insulin to meet the extra demands of the pregnancy and growing baby. Usually the body returns to normal as soon as the baby is born but having it does increase your chance of developing diabetes later in life.

## **Why have I been offered a Glucose Tolerance Test?**

There are certain factors that may increase the possibility of developing gestational diabetes or there may be a suspicion that you have gestational diabetes due to some signs or symptoms.

Factors and signs include:

- Being overweight.
- Being over 40 years old.
- Having a family history of diabetes (parents or siblings).
- Being from a susceptible ethnic group (i.e. Asian background).
- If you have previously given birth to, or are thought to be having , a large baby.
- If you had gestational diabetes in a previous pregnancy.
- If glucose has been found in your urine during routine tests.
- If you have a large amount of fluid around the baby.

## How is the test performed?

- 1) You should eat and drink normally until 12 hours before your appointment time and then you should have **nothing to eat or drink** other than plain tap water.
- 2) If you are a smoker you should not smoke for 12 hours before the test until the test is completed.
- 3) If you are on medication please do not take the morning dose. Bring it with you to take as soon as the test is complete. Please discuss with your GP or midwife if you have any queries.
- 4) You will be asked to attend your appointment promptly and allow two and a half hours. Bear this in mind when buying a parking ticket.
- 5) It is not advisable to bring small children as you will be required to remain quiet and seated throughout. You may want to bring a book to pass the time.
- 6) Soon after arrival some blood will be taken to measure the glucose in your blood when fasted.
- 7) You will be given a measured sweet glucose drink and two hours later a second blood test will be done to see how you were able to use the glucose in the drink.
- 8) The test is over as soon as the second blood test is taken. You may then eat and drink normally again.

Your appointment is on .....

at .....

Please report to:

The Pathology Dept. at St Mary's Hospital

The Antenatal Clinic at St Mary's Hospital

## **What happens next?**

The results will be available within a few days. If the result is normal you will receive a letter which you should show to your midwife at your next antenatal appointment.

If the result is outside the normal range you will be contacted by an Antenatal Clinic Midwife and you will be offered an appointment at the diabetes unit.

At the diabetes unit you will be given all the information you need about your condition and will have ample time to ask any questions about your individual circumstances.

Gestational diabetes can usually be controlled by small dietary changes but if insulin injections are necessary you will be fully supported to deal with this.

Women with diet controlled gestational diabetes will have an additional scan and consultant appointment initially and regular contact with the diabetes unit but other than that will have normal antenatal care with their midwife.

Women needing treatment for their diabetes will be seen monthly in the combined antenatal diabetes clinic with teams from each department working together to help monitor support you in controlling your condition.

## **Any questions?**

If you have any questions about how this may affect you or your baby please do not hesitate to ask your midwife or call the Diabetes Specialist Midwife on 534332.

**If you have any have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.**

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at:  
**[www.nhs.uk](http://www.nhs.uk)**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

### **We Value Your Views On Our Service**

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive  
Isle Of Wight NHS Trust  
St Mary's Hospital  
Newport  
Isle of Wight  
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **[enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk)**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.