

Care Gram

1-Hour Glucose Tolerance Test

About the Test

The 1-Hour Glucose Tolerance Test (1-Hour GTT) is done on every pregnant patient at 24 to 28 weeks of pregnancy. It tests how well your body processes the sugar you eat. The test also may be performed earlier in pregnancy if you have risk factors identified by your OB provider. The results will help tell if you have gestational diabetes.

What Is Gestational Diabetes?

Gestational diabetes is a type of diabetes that can happen during pregnancy. Diabetes affects up to 4% of all pregnant women and can cause problems in the baby before and after birth. Gestational diabetes should be diagnosed early and managed very carefully.

If you are diagnosed, you will need to adjust your diet and possibly take medication. Your doctor will talk with you about that if needed.

Risk Factors

- Family history of diabetes or gestational diabetes
- Overweight (more than 20% overweight before pregnancy)
- Prior delivery of a large baby (over 10 pounds)
- Unexplained congenital anomalies
- Excess fluid around the baby (Polyhydramnios)
- Maternal age over 25
- History of previous stillbirth

If you have any of these risk factors, you may be more likely to have gestational diabetes.

Allowing Time

The test will take about 1 hour, but plan on more time for the visit. Please schedule your appointment early in the day.

Prior to the Test

- Do not eat or drink anything with sugar.
- You may eat a normal, light meal and drink water before the test.



first impressions

Making a First Impression ... Leaving a Lasting Memory



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Registration

This test is done during your appointment time at the doctor's office. Please check in at the front desk when you arrive.

During the Test

First, you will go to the lab in the doctor's office. You will drink a sugary drink called Glucola, and then your blood sugar will be checked 1 hour later.

Please let a staff member know if you:

- Feel light-headed
- Feel dizzy
- Have an upset stomach or if you vomit

After the Test

After your blood sugar is checked, you may leave the office. You can eat whatever you would like at that time.

Finding Out the Results

- If your blood sugar was high, you will be contacted by the office. You will be scheduled for a 3-Hour Glucose Tolerance Test at the Hospital. This test will confirm if you have gestational diabetes. Please review the Care Gram handout titled, *3-Hour Glucose Tolerance Test*.
- If your blood sugar level was normal, you will find out at your next appointment.