

If you have any questions for the team, please use this space to document and ask at your next appointment:

ORAL GLUCOSE TOLERANCE TEST (OGTT)

Testing in pregnancy – Information for you

Important information:

Please ensure the night before your test
You, DO NOT eat, Drink
(Except CLEAR PLAIN WATER), Smoke
OR Vape after 10pm

For more information visit:

- NHS Choices: www.nhs.uk/conditions/gestational-diabetes/pages/introduction.aspx
- Diabetes UK: www.diabetes.org.uk
- NICE: www.nice.org.uk

What is an OGTT

A Glucose tolerance test is a test required to diagnose diabetes that develops during pregnancy. This Diabetes is known as Gestational Diabetes Mellitus (GDM)

Why is it important to know if I have got gestational diabetes?

Up to 10% of women will develop Gestational diabetes (GDM) during their pregnancy. GDM doesn't always show obvious signs and this is why testing is important.

If gestational diabetes goes undetected and untreated can cause serious problems and it may put you and your baby at risk of complications such as:

- Macrosomia. Your baby can grow larger than usual; this may lead to difficulties during the delivery.
- Polyhydramnios. Too much water around your baby which can increase the risk of premature birth.
- Hypoglycemia of newborn. Your baby may develop low blood sugars after birth which may require admission in Neonatal unit for treatment.
- The loss of your baby (Stillbirth).

Do I need a GTT?

You will be offered a GTT if you have any of the following risk factors.

- Your Body Mass Index (BMI) is above 30.
- You have given birth previously to a baby weighing 4.5kg (10lb) or above.
- You have had Gestational Diabetes before.
- You have a first degree relative with diabetes (parents, brothers or sisters)
- Your family origin is South Asian, Chinese, Afro-Caribbean or Middle Eastern.
- You have got glucose in your urine.
- Your obstetrician may want you to have a GTT if your ultrasound scan shows that you are having a large baby (above 90th centile), the growth of your baby has accelerated, or there is excess liquor (waters) around your baby.
- You have got a history of polycystic ovarian syndrome.
- You are on any of the following antipsychotic medications: Quetiapine, Olanzapine or Aripiprazole.

The GTT is normally carried out between 24 and 28 weeks of pregnancy. But can be done up to 36 weeks of pregnancy if needed.

If you had gestational diabetes before, you will be offered a GTT as soon as possible between 14-16 weeks. If this is negative, you will be offered another GTT at 28 weeks.

Before the test

- You will be advised not to have anything to eat or drink from 10pm the night before your test. You are only allowed to drink plain water. Chewing gum and sweets (including sugar free) are not allowed.
- **Do Not Smoke or Vape** from 10pm the night before the test, as this may affect your test results.
- Continue to take prescribed medications, unless advised not to.

During the test

- A blood sample will be taken from your arm to measure the level of sugar in your blood when you have been fasting.
- After this sample you will be given a glucose drink called Polycal this must be drunk within 5 minutes.
- A second blood sample will be taken 2 hours after finishing the polycal drink.
- We request that during the 2 hours wait you sit quietly and stay within the ANC waiting area. During this period, you shouldn't smoke, chew gum, eat or drink anything. Plain water is allowed 30 minutes after the glucose drink.

If you feel unwell at any point during the test, please inform a member of staff.

Results

The test results should be available within 3 working days. If the result is outside of the normal limits, you will be contacted by telephone. Please ensure we have an up-to-date telephone number for you.

You will be given further appointments with the diabetes team and the obstetrics team to discuss your diagnosis and your management plan further. Normal results will be noted at your next antenatal appointment.

Cancelling your appointment

If you need to cancel your appointment for any reason, please contact Antenatal Clinic on 01922656577.

