

## Maternity

# Antenatal Glucose Tolerance Test (GTT - Test for Diabetes)

Banda Label

**EDD**

**Telephone Number**

**An appointment has been made for you to attend for a glucose tolerance test on:**

**Date.....Time.....**

- **City of Coventry Health Centre, Phlebotomy (blood taking), Ground Floor, 2 Stoney Stanton Rd, CV1 4FS.  
Tel 024 7696 1376**

**Do not take a ticket; you will be called to start the test.**

- **Fetal Well-Being Unit, Tel 024 7696 7427**

Ward 24, 2<sup>nd</sup> floor, West Wing, University Hospitals Coventry and Warwickshire, CV2 2DX

**If this appointment is unsuitable, please telephone the relevant unit to arrange another appointment.**



## Patient Information

### Why is this test required?

Your doctor has requested you attend for a glucose tolerance test to see if you have diabetes mellitus. Glucose (sugar) may have been found in your urine, or the doctor may have noticed symptoms which need investigation. The test is often carried out in pregnancy.

Diabetes mellitus is a common condition in which the amount of glucose in the blood is too high because the body cannot use it properly.

Find more information on diabetes at [www.diabetes.org.uk](http://www.diabetes.org.uk) or call the diabetes UK care line 0345 123 2399.

### Preparation for the test

#### Before the test:

- Eat as you would normally until the day before the test
- Do not eat or drink (except plain water) from Midnight the night before the test;
- Continue to take prescribed medicines, unless advised not to. **If you are taking metformin**, please contact your doctor as soon as you receive this leaflet, because this will affect the results of the test.

**The test will take 2-3 hours.** We suggest you bring something to read or do to pass the time as you are required to sit calmly for the duration of the test.

Please remember to bring with you to the test **all your blood forms** including your 28 week ones from your community midwife and those sent with this leaflet.

**For Fetal Well-being appointments your blood forms will not be sent out but will be printed at the time of your appointment.**

## Patient Information

### The test

- Smoking is not permitted during the test as it may affect the result.
- Blood samples will be taken from your arm and/or finger, and the glucose level measured.
- Some patients may be told at this point that the test does not need to be continued and they can go home.
- Most patients will continue with the test and will be given a sugary drink, which should be drunk within 5 minutes. During the 2 hour test you may drink plain water. Once the drink is consumed you must then sit calmly for 2 hours, then another blood test is taken. This completes the test and you may then go home.

### The test results

Your doctor or midwife will receive the results within a couple of days and will explain the results to you.

### Further Information

For further information, please contact Sue Watts on Telephone 024 7696 7350.

The Trust has access to interpreting and translation services. If you need this information in another language or format please, contact the Pathology Department on 024 7696 5399 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

Document History	
Department:	Maternity
Contact:	27350
Updated:	September 2021
Review:	September 2023
Version:	3.1
Reference:	HIC/LFT/2002/16