

Maternity

Antenatal Oral Glucose Tolerance Test (OGTT)

What is an Oral Glucose Tolerance Test (OGTT)?

An OGTT is a simple blood test done **during pregnancy** to check if you have gestational diabetes mellitus (GDM).

GDM is a type of diabetes that can develop during pregnancy. It causes high blood sugar levels, especially first thing in the morning and after eating.

The test is usually done between 24 and 28 weeks of pregnancy.

Why is this test needed?

It is **important** to have an OGTT to check for GDM. If diabetes is not detected or controlled, it can increase the risk of birth complications for you and your baby.

If you are diagnosed with GDM, you will be offered extra monitoring during your pregnancy to help keep you and your baby safe.

Preparation for the test

- Eat and drink normally until the day before the test.
- Do not eat or drink anything (except plain water) from midnight the night before your test.
- On the morning of your test, do not eat breakfast, chew gum or drink anything other than plain water.
- Continue taking your prescribed medicines unless told not to.
- If you take metformin or steroids, contact your doctor or midwife as soon as you receive this leaflet, as these medicines can affect your test results.



What the test involves?

The test will take 2 to 3 hours. We recommend bringing something to read or do while you wait, as you will need to sit calmly for the whole test.

- When you arrive, a first blood sample will be taken.
- You will then be asked to drink a glucose drink, which you must finish within five minutes.
- After this, you will be asked to sit in the department and avoid walking around or smoking during the test.
- A second blood sample will be taken 2 hours later.
- Once this is done, the test is complete, and you can go home.

If your OGTT is at the City of Coventry Health Centre, please bring:

- **Your OGTT blood form, and**
- **Your 28-week blood forms**, both given to you by your community midwife.

If your OGTT is at the Hospital of St Cross Rugby, your blood form will be at the phlebotomy department, but **you will need to bring your 28 week blood form given to you by your community midwife.**

If your OGTT is at the Fetal Well-Being unit at University Hospitals Coventry, you do not need to bring a blood form, as this will be printed for you when you arrive.

Your test results

Your results will be reviewed by your community midwife, or by a midwife in the Fetal Well-Being unit (if your test was done there), within 1 week of your blood test.

- If your results show that you have gestational diabetes, a referral will be made to the diabetes specialist midwife team.
- You will receive a phone call from a specialist midwife, and further appointments will be arranged.
- You will not be contacted if your results are normal.
- If you would like to confirm your results, you can call the Antenatal Clinic on 024 7696 7350, Monday to Friday, 9am – 5pm (excluding bank holidays).

Important note

- Please contact your community midwife or the Fetal Well-Being unit (if your test is booked there) as soon as possible if you are unable to attend your OGTT appointment.
- We will do our best to arrange another appointment quickly. However, please be aware that appointments are often fully booked and the next available appointment may be a few weeks later.
- It is very important that you attend your OGTT appointment.
- A second appointment will be arranged if you miss the first one.
- If you miss a second OGTT appointment, no further appointments will be arranged.
- If gestational diabetes (GDM) is suspected later in your pregnancy, your community midwife will need to refer you to the hospital for further testing and care.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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