

Glucose Tolerance Test (GTT)

An information guide



Glucose Tolerance Test (GTT)

PLEASE DO NOT BRING CHILDREN TO THIS APPOINTMENT

This is information about a test to diagnose diabetes in pregnancy.

Why have I been asked to have the test?

You have been asked to have this test to see if you have developed diabetes in pregnancy. This is a condition where the body finds it difficult to control the level of glucose in the blood.

Certain risk factors increase the chance of developing this condition. These include being overweight or obese, having a close relative with diabetes, being of certain ethnic origins, or having a previous large baby. If untreated, this can cause problems for you and your baby.

You can develop this condition in pregnancy, and then return to normal again after your baby is born.

Before the test

- Please bring your handheld personal maternity record to the appointment.
- You should not alter your diet prior to the test.
- **Do not have anything to eat or drink from 10pm the night before the test, and only drink water.**
- **Do not** smoke on the morning of the test **including** e-cigarettes.
- **Do not** take non-essential medication.
- **Do not** eat chewing gum.
- You may also wish to bring a snack to eat after the test is completed.

About the test

- The test will take approximately two and a half hours to complete and you must rest during the procedure
- First you will have a blood test and then be given a glucose drink
- Two hours later you will have another blood test.

If the results of this test are positive we will contact you with an appointment for the next antenatal clinic/diabetes clinic. At this appointment you will be given more information about the condition and how you and your baby will be monitored during your pregnancy.

If you have any questions about this appointment then please contact the Antenatal Clinic at the hospital where you are receiving care.

Royal Oldham Hospital - 0161 627 8140

Rochdale Infirmary - 01706 517232

An appointment has been made for you to attend:

Venue - Glucose Tolerance Test Clinic at Rochdale Infirmary

Date.....Time.....

PLEASE DO NOT BRING CHILDREN TO THIS APPOINTMENT

Further information is available from – www.diabetes.org.uk

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 www.facebook.com/NorthernCareAllianceNHSGroup

 www.linkedin.com/company/northern-care-alliance-nhs-group

 Northern Care Alliance NHS Group (NCA) @NCAlliance_NHS

Date of publication: August 2010

Date of review: June 2021

Date of next review: November 2023

Ref: PI(WC)649

© The Northern Care Alliance NHS Group

www.pat.nhs.uk

www.northerncaalliance.nhs.uk

