

Glucose Tolerance Test Booking Form and Instructions

Appointment

Name: _____

Date: _____

Time: 8.00am - no later than 9.15am

AN APPOINTMENT FOR A GTT IS ESSENTIAL. Please phone (08) 9340 2739 Monday to Friday, 8.30am - 4.30pm. The Pathology Department is on the lower ground floor at King Edward Memorial Hospital (KEMH).

Instructions for Glucose Tolerance Test (GTT)

1. It is important that you eat your usual meals in the three days before the test.
2. **YOU MUST FAST from 10.30pm the night before the test.** This means no food or energy containing substances (e.g. milk, sugar, tea, coffee, chewing gum etc). The test will need to be rescheduled if you have eaten within ten hours of the starting time. Do not fast longer than 16 hours.
3. **You may drink only water throughout the fast and during the test.**
4. Allow three hours to complete the test. During this time you need to stay in the Pathology Department. You may like to bring a book, crossword, knitting etc to occupy your time.
5. **You will not be able to attend any other appointments during this time.**
6. **Please inform the pathology staff of any medications you are taking.**
7. Smoking is not permitted from one hour before the test or during the GTT. The test will be rescheduled if you smoke.
8. **Please DO NOT bring children.** Due to limited space we can only cater for one adult accompanying each woman.
9. Creche facilities are available near the East Wing Clinic for your children. The creche is open 8.00am to 3.45pm Monday to Friday. Telephone (08) 9340 1370.

Glucose Tolerance Test

After fasting overnight you will be asked to drink 75g of glucose (load). A blood test is taken before drinking the glucose solution and further samples are taken at one and two hours after the load.

The GTT is a blood test that measures your body's ability to use glucose. The test measures how quickly your body responds to a glucose load. Women whose body is slower to respond to the glucose are considered to have Gestational Diabetes Mellitus (GDM). Pregnant women are screened for GDM at 26 to 32 weeks or earlier if they show signs or have had GDM in a previous pregnancy.

In Australia, six to nine per cent of pregnant women develop GDM.

Certain ethnic groups are more at risk. GDM is usually managed by eating healthy meals with snacks and walking or swimming each day. About one in four women will require medication to assist blood glucose control in pregnancy. Treatment helps to lower the level of glucose in the blood, which assists in avoiding problems for you and your baby. GDM Information sessions are held at KEMH.

Produced by: Pathology Department

Web site: <http://wnhs.health.wa.gov.au>

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WOMEN AND NEWBORN HEALTH SERVICE

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