

**Patient  
Information**

# Oral Glucose Tolerance Test (GTT) in pregnancy

## Introduction

This leaflet is intended for all pregnant women who have been asked to attend for an oral Glucose Tolerance Test (GTT).

## What is a GTT?

This test is a way of examining how your body handles glucose. The GTT can detect a type of diabetes which occurs only in pregnancy, called gestational diabetes. For more information about gestational diabetes, please visit the website provided at the end of this leaflet.

The GTT test will involve having 2 blood tests and drinking a measured amount of glucose (sugar drink).

## Why do I need an oral GTT?

There are several reasons for recommending an oral GTT test in pregnancy, these include:

- A first-degree relative (parent, sibling or child) with diabetes.
- Family origins of Afro-Caribbean, South-east Asian or Middle Eastern.
- A diagnosis of Polycystic Ovarian Syndrome (PCOS).
- A Body Mass Index (BMI) of 30 or above.
- Delivering a previous baby weighing more than 4.5kg.
- A previous stillbirth.
- If your ultrasound measurements shows that you are having a large baby.
- If your ultrasound scan shows excess liquor (water surrounding the baby).

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Department

**Maternity  
Services**

Review due

**June 2026**

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### Before the test

- You should eat normally for at least 3 days.
- Do not eat any food after 10:00 pm on the evening before the test. You are allowed to drink water but avoid **all** other drinks.
- Do not chew gum/sugar free sweets, or use e-cigarettes or nicotine patches.
- Other than water, do not have anything to eat or drink on the morning of the test.

### During the test

A blood sample will be taken from your arm before you are given a glucose drink called Polycal®.

Polycal® is a flavoured drink containing the equivalent of 75g of glucose and must be drunk within 5 minutes.

Following the Polycal® drink you will be asked to drink 100mls of water. You may continue to drink water throughout the remainder of the test.

A second blood sample will be taken 2 hours after finishing the Polycal® drink. Both blood samples will be sent to the laboratory for glucose analysis. If you feel unwell at any point during the test, please inform a member of staff. You must sit quietly and not smoke, chew gum or sweets during the 2 hours of the test.

### Results

The results are normally available the following working day.

You will be informed by telephone only if your results are not within the normal ranges, and will be given an appointment with the diabetes nurse to discuss this further.

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## Cancelling your appointment

If you cannot attend for the GTT for any reason then please contact the appropriate Antenatal Clinic using the numbers at the end of this leaflet.

## Points to remember

Have nothing to eat or drink other than water, after 10:00 pm the evening before the test.

You may want to bring something to read as you will be expected to rest while waiting for the second blood sample to be taken. It is also advisable to bring some food and drink for after the test.

As you will be in the department for up to 3 hours, please bear this in mind when parking if you are travelling to the hospital by car. If your test is at Gloucestershire Royal Hospital, we recommend that you park in the tower car park which operates a pay on leaving system.

## Appointment

An appointment has been arranged for your oral Glucose Tolerance Test (GTT) on:

\_\_\_\_\_ (date).

at \_\_\_\_\_ (time).

**Please attend at:** (please tick appropriate box)

- Maternity Assessment, The Women's Centre,  
Gloucestershire Royal Hospital
- Maternity Assessment Centre, St. Paul's Wing,  
Cheltenham General Hospital
- Stroud General Hospital

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## Contact information

### Maternity Assessment

The Women's Centre  
Gloucestershire Royal Hospital  
Tel: 0300 422 6104  
Monday to Friday, 8:30am to 4:30pm

### Maternity Assessment Centre

Cheltenham General Hospital  
Tel: 0300 422 4373  
Monday to Friday, 8:30am to 12:30pm

### Antenatal Clinic

Cheltenham General Hospital  
Tel: 0300 422 2347  
Monday to Friday, 8.30am to 4.30pm

### Stroud Maternity

Tel: 0300 421 8018

## Further information

For more information about gestational diabetes please visit:

### NHS UK

Website: [www.nhs.uk/conditions/gestational-diabetes/](http://www.nhs.uk/conditions/gestational-diabetes/)

If you would like to learn more about the oral Glucose Tolerance Test (GTT), please visit the 'Lab Tests Online' website. This is a free resource created and updated by laboratory professionals for patients.

### Lab Tests Online

Website: [www.labtestsonline.org.uk](http://www.labtestsonline.org.uk)

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84:379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>