NHS
Gloucestershire Hospitals
NHS Foundation Trust

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.
- Polyendocrine Metabolic Ovarian Syndrome (PMOS) formerly known as Polycystic Ovarian Syndrome (PCOS).
- A Body Mass Index (BMI) of 30 or above.
- 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 (fluid surrounding the baby).

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, vapes or nicotine patches after 10:00pm on the evening before the test
- Delay taking any medications/vitamins until after the test. If you take something that cannot be delayed, please discuss this with your midwife.
- 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 will be advised to sit down for the duration of the test. You should not eat, smoke, vape or chew gum or have sweets whilst you wait. You can continue to drink water.

Results

The results are normally available the following working day.

If your results are within the normal range, you will not hear from us, but you will be able to see the results in you Badger Notes app. If your results are above, or below the normal range, we will telephone you to discuss this and arrange an appointment with the diabetes team, for further information.

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

If you do not follow the preparation instructions, we will not be able to perform the test and would need to rebook at another time.

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
- ☐ Cirencester Hospital

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 (Please also use this number for Cirencester bookings)
Tel: 0300 421 8018

Further information

For more information about gestational diabetes please visit:

NHS UK
Website: 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

Content reviewed: August 2026

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 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

AQuA Advancing Quality Alliance

Right Care Shared Decision Making Programme

NHS **https://aqua.nhs.uk/resources/shared-decision-making-case-studies/**

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GHPI1375_08_26
Department: Maternity Services
Review due: August 2029
www.gloshospitals.nhs.uk