

INFORMATION FOR PATIENTS

Oral glucose tolerance test (GTT) in pregnancy

What is a GTT?

A GTT shows us how your body handles glucose (sugar) when you haven't eaten, and after drinking a set amount of sugar. A GTT can tell us if you have gestational diabetes, which is a type of diabetes that only happens in pregnancy. A GTT is the only approved test to detect gestational diabetes.

If you have had bariatric surgery, this test will not be suitable, and we will contact you to discuss this.

Why have you been offered a GTT?

You may be offered a GTT if you have any of the following:

- Diabetes in a close relative (parent, sibling, or child).
- Certain ethnic backgrounds where diabetes is more common.
- If you have had gestational diabetes before.
- Some health conditions such as polycystic ovary syndrome (PCOS).
- A BMI above 30.
- A baby over 4.5kg or the 97th centile on your scan.
- A baby with a bigger tummy on your scan (more than the 95th centile).
- Increased water levels around your baby.
- Some medications when taken in pregnancy.
- Glucose on a urine dip test.

Most people have the test between 25-28 weeks of pregnancy, but it may be offered at other times. If you have had gestational diabetes in a previous pregnancy, it will be offered earlier. You may be offered repeat testing if new risk factors are identified.

If you are unsure why you have been referred, please discuss this with your community midwife or consultant.

What does the test involve?

Before the test:

- You should eat normally for three days before your test.

- Do not eat any food **after midnight** the night before your test. You can continue to drink unflavoured, still water only. Do not chew gum, smoke or use e-cigarettes.
- If you are taking Metformin, please **stop** taking these three days before the test.
- Keep taking any other prescribed medication as instructed.

During the test:

- When you arrive, you will have a blood sample taken to test your sugar level and your iron levels.
- You will then be given a flavoured drink containing 75g of carbohydrates and asked to take a seat in the waiting area for two hours.
- After two hours you will have another blood sample taken to test your sugar levels.

While you wait it is important you do not walk around, smoke, vape, eat, or chew gum as this can affect your results. You can continue to sip unflavoured still water.

The whole appointment takes between two and three hours so bring something to do, and a snack to have after your test.

Results

Results are usually ready within three days, and they will appear on your electronic pregnancy notes (Badger Notes). You will also get a phone call if the results show that you have gestational diabetes.

What happens next?

If your test is negative (you do not have gestational diabetes), you will continue with normal appointments, and will be offered a further test if:

- You develop any signs of gestational diabetes, and it has been over four weeks since your last test.
- You have had gestational diabetes before and have had an early test this pregnancy.

If your test shows you have gestational diabetes:

- You will receive a telephone call.
- You will be invited to see a diabetes specialist midwife face to face to discuss the next steps.
- If the test is positive, you will have an extra test to check that you do not have Type 2 diabetes.

Changing your appointment

If you need to change your appointment, please contact the place where your test is booked:

- Sherwood Women's Centre, Newark Hospital – telephone 01636 685779.

- Antenatal Clinic, King's Mill Hospital – telephone 01623 622515, extension 3742.

Further sources of information

Please talk to your community midwife if you have any further questions.

Further information can be found online at:

- NHS website: www.nhs.uk/conditions/gestational-diabetes/
- Diabetes UK: <https://www.diabetes.org.uk/about-diabetes/gestational-diabetes>

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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