

# Oral glucose tolerance test during pregnancy

This leaflet explains more about having an oral glucose tolerance test (OGTT) during pregnancy. It also provides information on how you can prepare for the test and what you can expect when you come to hospital.

If you have any further questions, please speak to a midwife, doctor or nurse caring for you.

## What is an OGTT?

The oral glucose tolerance test is used to establish if a woman has diabetes in her pregnancy (gestational diabetes). It is important to know this as gestational diabetes can result in the baby growing too big and this can cause problems for the baby and the mother at delivery. However, women who have gestational diabetes can do something about it and reduce the risks to them and their baby with the support of the diabetes team.

## Why should I have an OGTT?

You have been referred for an OGTT because you have one or more of the risk factors which increase your risk of gestational diabetes. These are:

- A strong family history of diabetes amongst close relatives, i.e. parents, brothers or sisters
- Previous gestational diabetes
- Previous large baby
- Persistent glucose in your urine
- Being overweight or obese
- Polyhydramnios (too much water around the baby)
- Previous shoulder dystocia (baby's shoulder gets stuck during delivery)
- Previous perinatal death

## What are the risks?

Some women feel nausea or cannot tolerate a sweet drink while pregnant, if you cannot drink all the glucose drink your OGTT can be rebooked for another date.

## How can I prepare for an OGTT?

- Do NOT eat or drink (apart from water) from 10pm the night before the test
- Do NOT take any medication on the morning of the test.

## What should I bring with me?

- Your regular medication
- Your maternity book
- You might want to bring a book, ipad, laptop or phone to help you pass the time while you are resting.

## What happens during the test?

- A small sample of blood will be taken soon after you arrive
- You will then be given a sugary drink
- You will be asked to rest in the waiting area (keep walking to a minimum)
- Two hours after the first blood test a second blood test will be taken
- You will be in the department for approximately three hours.

## What happens after the test?

You can leave the department as soon as you have had your second blood test.  
You can eat and drink and take any of your usual medication after the second blood test.

## When will I receive the results?

If your result is negative you will not be contacted directly. But your results will be available at your next appointment with your midwife. If your results are positive, you will be contacted within two working days. An appointment will be made for you with the diabetes team.

## Useful sources of information

**Diabetes UK** - Pregnancy and diabetes

t:: 0345 123 2399

w: [www.diabetes.org.uk](http://www.diabetes.org.uk)

**NHS Choices**

w: [www.nhs.uk/Conditions/pregnancy-and-baby/pages/diabetes-pregnant.aspx](http://www.nhs.uk/Conditions/pregnancy-and-baby/pages/diabetes-pregnant.aspx)

## Contact us

If you have any questions or concerns about the oral glucose tolerance test, please speak to your midwife on the contact number in your maternity notes (Monday to Friday, 9am to 5pm).

Out of hours, please leave a message and a member of staff will call you back in working hours; alternatively please contact your GP or NHS 111.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

### **Pharmacy Medicines Helpline**

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### **Your comments and concerns**

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)                      **e:** pals@gstt.nhs.uk

**t:** 020 7188 3514 (complaints)              **e:** complaints2@gstt.nhs.uk

### **Language and Accessible Support Services**

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815      **e:** languagesupport@gstt.nhs.uk

### **NHS 111**

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### **NHS Choices**

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

### **Get involved and have your say: become a member of the Trust**

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319      **e:** members@gstt.nhs.uk      **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

**Leaflet number: 4381/VER1**

Date published: March 2017

Review date: March 2020

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