Your Glucose Tolerance Test

If you had gestational diabetes in pregnancy, we recommend that you be tested for type 2 diabetes after your baby is born.

What is a glucose tolerance test?
A glucose tolerance test is a blood test to check how well your body breaks down the sugar you eat. This test will tell us if you have type 2 diabetes. The test takes about 2½ hours. You will have 2 blood draws.

How do I prepare?
• Ask your provider about taking your usual medicines before the test.
• Do not eat or drink anything for 8 to 10 hours before your appointment. It is OK to drink water.
• You will wait 2 hours between the 2 blood draws. You may want to bring a book or something else to do during this time.
• You may want to bring a snack for after the 2nd blood draw.

What can I expect?
• When you arrive for your appointment, you will have your 1st blood draw. This will give us your fasting blood sugar level.
• You will then drink a sweet carbonated beverage. You will need to drink the entire beverage within 5 minutes.
• For the next 2 hours:
  - Do not eat or drink anything. It is OK to drink water.
  - Do not smoke, use breath mints, or chew gum, even sugarless gum.
  - Stay near the lab. Sit as much as possible and avoid walking.
• You will have your 2nd blood draw exactly 2 hours after you drink the beverage. Having this blood draw on time is important.
• After the 2nd blood draw, you may eat and drink. Your provider will talk with you about the test results and any follow-up, if needed.

Questions?

Your questions are important. Call your healthcare provider if you have questions or concerns.

Maternal and Infant Care Clinic: 206.598.4070