

病人教材

母婴保健科



三小时葡萄糖耐量测试

有些妇女在怀孕期间患了妊娠期糖尿病。三小时葡萄糖耐量测试是在糖尿病筛检的结果异常下、需要做的进一步测试。此小册是解释何谓三小时葡萄糖耐量测试

如您的血糖筛检结果指标超过正常的范围（高于 140）、您可能需要再做一次三小时葡萄糖耐量测试（简称 GTT）以确定您是否患上糖尿病。整个测试大约需要 4 小时。

如何做此测试？

三小时葡萄糖耐量测试（简称 GTT）是在清晨吃早餐前做（上午 8:00、8:30 或 9:00）在禁食的情况下先测试空腹血糖、然后再喝糖水。喝过糖水以后、每隔一小时抽血一次、共抽三次。

要如何为这测试做准备？

- 在做测试（GTT）前 2-3 天请照常饮食。
- 在做测试前晚午夜以后不可再进食或嚼口香糖。因为要很长一段长时间不能进食；所以在开始禁食前多吃一些宵夜。
- 午夜以后您可喝白开水、但不可喝茶、咖啡或其他饮料。
- 由测试前直到抽检最后一次血糖之间不可再吃东西。
- 测试后即可进食、请带一些测试后可吃的三明治或营养点心来医院、
- 请在预约前十分钟抵达医院。直接到三楼（医院大厅）的验血部门去抽血。您的化验单已预先送到验血部门。

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您有疑问吗？

我们很重视您的问题。您如有疑问或顾虑请致电您的医生或医护人员。其他华大医疗中心的服务人员也随时乐于为您服务：

母婴保健中心：
206-598-4070

您报到后

- 我们首先测试您的血糖以确定您可否安全地做这测试。
 - 如血糖太高、可能就会停止测试。
 - 如您血糖的指标没有过度超标、即可继续测试。
- 我们会请您喝 10 盎司的甜汽水（比您做初步血糖测试时要多一倍的分量）。
- 您在一小时后要去抽血。以后每隔一小时抽一次血。
- 即再过两小时内要再抽两次血。亦即在三小时内共抽四次血。

做完测试后

做完测试后、您可能觉得乏力、恶心或饥饿。此时您就可享用您带来的三明治或营养点心。

何时可得知测试的结果

可能在测试的当天即可得到结果。如您的测试结果不正常、我们会为您安排门诊时间来看门诊。

在看医生时您的医护人员将与您讨论测试结果。与您一起来设立医护计划、以确保怀孕期间您及宝宝都健康及安全。

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3-Hour Glucose Tolerance Test
Chinese

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3-Hour Glucose Tolerance Test

Some women develop gestational diabetes when they are pregnant. The 3-hour glucose tolerance test is a follow-up test that is done after an abnormal glucola screening test for diabetes. This handout describes the 3-hour glucose tolerance test.

If your glucola screening results are higher than the normal limits (greater than 140), you may need a 3-hour *glucose tolerance test* (GTT) to find out if you have diabetes. Plan to be at your appointment for about 4 hours for this test.

What the Test Involves

The GTT is done first thing in the morning (at 8, 8:30, or 9 a.m.), before you have eaten. It involves having your blood drawn for a fasting blood sugar, then drinking a sugar-sweetened drink. After you drink this, you will have 3 more blood tests, 1 hour apart.

How to Prepare for Your Test

- Please eat normally during the 2 to 3 days before your GTT.
- **Do not eat anything or chew gum after midnight the night before your test.** It will be a long time before your next meal, so be sure and have a good snack just before you stop eating for the night.
- After midnight, you may drink plain water, but no tea, coffee, or other beverages.
- Do not eat again until after your last blood sugar test.
- You may eat right after the test is over. Pack a sandwich or healthy snack and bring it with you to eat after the last blood test.
- Plan to arrive at least 10 minutes before your appointment. Go directly to the lab to have your blood drawn. The lab is on the 3rd floor (main floor) of the medical center. The lab will already have your paperwork.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

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Care Clinic:
206-598-4070

When You Arrive for Your Test

- Your blood sugar will be checked to make sure it is safe to continue with the test.
 - If your blood sugar is too high, the test may be stopped.
 - If your blood sugar is within a certain range, the test will continue.
- You will be asked to drink 10 ounces of a carbonated sugar drink (twice the amount you drank for the glucola test).
- Your blood will be drawn and tested 1 hour later.
- Over the next 2 hours, it will be drawn and tested 2 more times, for a total of 4 blood tests in 3 hours.

After Your Test

After your test, you may feel sluggish, nauseated, or just plain hungry. Now you can eat the sandwich or snack you brought with you.

Your Test Results

Your test results might be ready on the same day that you take the test. If your results are abnormal, we will make an appointment for a clinic visit with you.

At the clinic visit, we will talk with you about your results. Together, we will create a care plan to keep you and your baby healthy during your pregnancy.

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