

Your Glucose Tolerance Test

After your baby is born

If you had gestational diabetes in pregnancy, we advise that you have a glucose tolerance test for type 2 diabetes after your baby is born.

What is this 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.



Ask your healthcare provider about taking your usual medicines before this test.

How do I prepare?

- Ask your provider if you should take your usual medicines before the test.
- **Do NOT eat or drink anything for 8 to 10 hours before your test.** 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 to eat **after the 2nd blood draw.**

What can I expect?

- When you arrive for your test, you will have your 1st blood draw. This will give us your *fasting blood sugar level*.
- We will then give you a sweet carbonated drink. You will need to drink it all 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 if sugarless.
 - Stay near the lab. Avoid walking. Sit as much as you can.
- You will have your 2nd blood draw **exactly 2 hours** after we give you the drink. 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 next steps.

Questions?

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

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