

Care Gram

3-Hour Glucose Tolerance Test

About the Test

This test is usually done between 24 and 28 weeks of pregnancy. It is done on women who have a positive 1 hour glucose test. Diabetes (high blood sugar) can develop during pregnancy, and it is called gestational diabetes.

An Oral Glucose Tolerance Test (OGTT) is one type of test that can help your doctor make a diagnosis of diabetes. Glucose is the sugar the body uses for energy. Insulin is a hormone that helps cells turn glucose from foods into useable fuel. Diabetes happens when the body does not produce insulin very well. The OGTT can determine whether or not your blood glucose level is normal.

Allowing Time

A 3-hour Glucose Tolerance Test will take about 4 to 5 hours total.

Preparation

- Nothing to eat, drink, or chew for 8 hours before the test.
- Eat well for 3 days before the test. Eat well-balanced meals with extra carbohydrates.
- If you are sick or unable to eat well, call your doctor to see if you should reschedule the test.
- Ask your doctor if you should continue taking all of your medications for the 3 days before your test.

Registration

Women's Health Patients

Report directly to Labor and Delivery (L&D) on the third floor of Licking Memorial Hospital. Tests are usually scheduled at 8:00 a.m.

During the Test

- First, a nurse will insert an IV into a vein in your arm. The IV stays in your arm so that you will only be stuck once instead of several times to draw blood.
- The first blood sample is drawn and tested in the lab. After it is tested, the technologist who tests the sample will notify L&D to continue the test.
- The nurse will give you a sweet beverage called Glucola to drink over 10 minutes.
- Then, the nurse will tell you the times of your next blood draws.



**Licking Memorial
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While You Wait

- Do not eat or drink anything else until the test is over. The nurse will tell you when you are allowed to drink small amounts of water.
- You may not smoke during the testing time. You can walk around during the test but do not leave the facility.
- Please tell the nurse if you have dizziness, nausea, or other problems during the test.

After the Test

- When the test is over, you will get a snack to eat before you leave.
- You will also get home instructions.
- If you feel dizzy or have other symptoms, you will need to have someone drive you home.

Finding Out the Results

The results of the test will be sent to your doctor that day. You will need to follow-up with the doctor who ordered the test to find out the results.

If you need to reschedule, please call the Central Scheduling Department at (740) 348-4722. It is best to call between 8:00 a.m. and 5:00 p.m., on weekdays.

If you have any questions about your test, please call the Clinical Laboratory at (740) 348-4155 between 8:00 a.m. and 5:00 p.m., on weekdays. You can also call your doctor.