

Care Gram

1-Hour Glucose Tolerance Test

About the Test

Every pregnant patient receives a 1-Hour Glucose Tolerance Test (1-Hour GTT) at 24 to 28 weeks of pregnancy. It tests how well your body processes the sugar that you eat. The test also may be performed earlier in pregnancy if you have risk factors identified by your Women's Health doctor. This is a screening test. The results will help determine if you are at risk for gestational diabetes.

What Is Gestational Diabetes?

Gestational diabetes is a type of diabetes that can happen during pregnancy because of the effects of pregnancy on hormones. Gestational diabetes affects up to 6 percent of all pregnant women and can cause problems for the baby before and after birth. Gestational diabetes should be diagnosed early and managed very carefully.

If you are diagnosed, you will need to adjust your diet, exercise, and possibly take medication. Your Women's Health doctor will talk with you about the process.

Uncontrolled gestational diabetes could lead to:

- Delivery of a large baby
- Higher risk for C-section
- High blood pressure (pre-eclampsia)
- Early (preterm) birth
- Perineal repair after delivery
- Higher risk of stillbirth
- Higher risk of developing type 2 diabetes later in life
- Higher risk of cardiovascular disease later in life

Although gestational diabetes may occur in women who have no risk factors, you may be more likely to have it if the following apply to you:

- A family history of diabetes or gestational diabetes
- Overweight (more than 20% overweight before pregnancy)
- Prior delivery of a large baby (over 9 pounds)
- Unexplained congenital anomalies
- Excess fluid around the baby (Polyhydramnios)
- History of previous stillbirth
- Physically inactive
- Gestational diabetes in previous pregnancies
- High blood pressure
- History of heart disease
- PCOS (polycystic ovary syndrome)
- HbA1c at or higher than 5.7%, impaired glucose tolerance or impaired fasting glucose on a previous test
- High-risk race or ethnic group, such as African American, Latina, Native American, Asian American, or Pacific Islander



first impressions

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Allowing Time

The test will take about 1 hour, but plan on more time for the visit. Please schedule your appointment early in the day.

Prior to the Test

- You do not need to fast
- You may eat a normal, light meal and drink water before the test.

Registration

This test is done during your appointment at the doctor's office. Please check in at the front desk when you arrive.

During the Test

First, you will go to the lab in the doctor's office. You will drink a sugary drink called Glucola, and then your blood sugar level will be checked 1 hour later. Do not eat or drink anything else during the test.

Please let a staff member know if you:

- Feel light-headed
- Feel dizzy
- Have an upset stomach or if you vomit

After the Test

After your blood sugar level is checked, you may leave the office. You can eat whatever you would like at that time.

Finding Out the Results

- If your blood sugar level was high, you will be contacted by the office. You will be scheduled for a 3-Hour Glucose Tolerance Test at the Hospital. This test will confirm if you have gestational diabetes. Please review the Care Gram handout titled, *3-Hour Glucose Tolerance Test*.
- If your blood sugar level was normal, Women's Health will contact you, or your doctor will share the information with you at your next appointment.