

# Care Gram

## 3-hour Glucose Tolerance Test

### About the Test

This test is typically completed between 24 and 28 weeks of pregnancy in women who have a positive 1-hour Glucose Tolerance Test. The test checks for a type of diabetes (high blood sugar) that can develop during pregnancy. This type of diabetes 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 that the body uses for energy. Insulin is a hormone that helps cells turn glucose from foods into useable fuel. Diabetes results when the body does not produce or respond to 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-balanced meals with extra carbohydrates for 3 days before the test.
- 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

You must have a doctor's order for this test. Then, you may come for the test at any time Monday through Friday, 7:00 a.m. to 3:30 p.m. Report to the Outpatient Registration area in the Licking Memorial Hospital Main Lobby. After you have registered, you will be directed to the adjacent Outpatient Laboratory.

### During the Test

- First, a blood sample will be drawn and tested as a fasting glucose level.
- After testing, the technologist who reviewed the blood sample will notify the phlebotomist (person trained to draw blood for medical testing) to continue the test.
- The phlebotomist will give you a sweet beverage called Glucola to drink over a 10 minute time period.
- The phlebotomist will tell you the time of your next blood draw. It will be 1 hour from the time you finished the Glucola. Do not eat or drink anything else until after the test. You will have another blood draw 2 hours from the time you finished the Glucola.



**Licking Memorial  
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- You must stay in the main Hospital for the duration of the test. Please tell the phlebotomist if you feel dizzy or have any other problems during this time.
- At the end of 3 hours, another blood sample will be drawn.

**While You Wait**

- Do not eat or drink anything else until the test is over. The phlebotomist 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 phlebotomist if you have dizziness, nausea, vomiting or other problems during the test.

**After the Test**

- When the test is over, you will receive a coupon for a snack in the Hospital Café.
- 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 contact the doctor who ordered the test to find out the results.

If you have any questions about your test, please call the Clinical Laboratory at (220) 564-4155 between 8:00 a.m. and 5:00 p.m., on weekdays. You also can call your doctor.