

Oral glucose tolerance test (OGTT) for pregnant women at risk of gestational diabetes

This leaflet is for women who have been identified as being at risk from gestational diabetes during their pregnancy and explains the procedures in place to help manage this condition. If you have any further questions please ask your GP, community or diabetes specialist midwife.

Introduction

You have been identified by your community midwife as having a risk factor for developing gestational diabetes in your pregnancy – this is high blood sugar that develops during pregnancy and usually disappears after giving birth. If you have had gestational diabetes in a previous pregnancy, we would like you to have a test after 2 weeks. If the result is normal then you will need to have the test done again at 24-28 weeks of pregnancy. If you have not had gestational diabetes before, but you are at risk, then please have the test at 24-28 weeks of pregnancy.

Your community midwife can book these appointments in the Oral Glucose Tolerance Test Clinic at the Royal Berkshire Hospital. Appointments are available on weekdays between 08.00am and 10.00am.

Procedure

To perform the test, please come to the antenatal clinic at the appointed time. **Please make sure that you have not had anything to eat or drink since 10pm the night before.** You may have sips of water only and take any prescribed medication. If you have not fasted, the test cannot be carried out and will need to be performed on another day.

Please note partners and children are unable to stay with you due to social distancing.

To perform the test, we will take a blood sample from you in the antenatal clinic when you arrive. We will then give you a glucose drink. You will be asked to wait in the antenatal clinic area for 2 hours and to keep activity to a minimum before having your second blood test

You will be contacted by the Diabetes Team via telephone for a positive result or by letter for a negative result.

Useful contacts

Diabetes Specialist Midwife:

Tel: +44 (0) 118 322 7245

Email: rbft.diabetes-midwife@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Diabetes Team (Maternity), 2018

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