

## Oral Glucose Tolerance Test 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 in **the next couple of weeks**. If the result is normal then you will need to have the test done **again at 24 weeks** of pregnancy. If you have not had gestational diabetes before, but you are at risk, then please have the test at 24 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 7.30am and 9.00am.

### 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. If you have not fasted, the test cannot be carried out and will need to be performed on another day.

**Please do not bring children with you.**

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 1¾ hours, to keep activity to a minimum before going to the main pathology (blood test) department to have your second blood test.

**When you go to Pathology (Level 2 in South Block) do not take a number on arrival but make yourself known to a member of staff and they will take your blood at the correct time.**

**You will only be contacted by the diabetes midwife if you have a positive result.**

Useful contacts

Diabetes Specialist Midwife:

Tel: +44 (0) 118 322 7245

Email: [rbft.diabetes-midwife@nhs.net](mailto:rbft.diabetes-midwife@nhs.net)

This document can be made available in other languages and formats upon request.

Author: Jean Eustace & Louise Critcher, Diabetes Specialist Midwives, August 2018

Approved: Maternity Information Group & Patient Information Manager, September 2018

Review due: September 2020