

# GUIDE FOR PREGNANT WOMAN GLUCOSE TOLERANCE TESTING (GTT)

## Why is the GTT performed?

The test is performed for the early detection of gestational diabetes. Gestational diabetes (GDM) is a disorder of carbohydrate metabolism. The disease develops during pregnancy and resolves after childbirth. The treatment is diet, proper exercise, and, in more severe cases, insulin. Uncorrected gestational diabetes can negatively affect fetal development. Women with gestational diabetes have a higher risk of developing type 2 diabetes, so the GTT test should be repeated 3 to 6 months after delivery.

## Who is at risk for gestational diabetes (GDM)?

- Overweight women (pre-pregnancy body mass index (BMI)  $\geq 30$  kg/m<sup>2</sup>)
- Pregnant women with a history of GDM during a previous pregnancy
- Pregnant women with a previously diagnosed impaired glucose tolerance
- Pregnant women with polycystic ovary syndrome
- Pregnant women who have given birth to a large (>4500g) newborn
- Pregnant women with a history of fetal death of unknown cause
- Pregnant women whose first-degree relatives (mother, father, sister, brother) have diabetes



## How is the GTT performed?

You must not eat from the evening of the previous day, from 8 pm until the test. If you're thirsty, you can drink clean water. On the previous day consume ordinary amounts of carbohydrates, avoid strenuous physical exertion and stress. **You can buy** the 75g glucose solution needed for the test **from a pharmacy**. If possible, medicines that may affect the amount of glucose (sugar in the blood) - diuretics, glucocorticoids, salicylates, and heparin, should be avoided.

On the morning of the test, please come to the Pelgulinna Maternity Hospital, entering the **INFO door** (6-story building) go up to the 3th floor on the elevator to room nr 1.

First, fasting blood sugar is determined; then, you will drink the glucose solution that you have with you. Blood glucose is determined 1 hour and 2 hours after drinking the glucose solution. Do not eat, drink or smoke during the test; sitting or lying down is recommended. After taking your third blood sugar test, you can eat your first meal of the day. To perform the test, blood is drawn **from the vein**. Check the results of the test with your midwife or gynecologist.

## What are the normal values of the test?

Fasting blood glucose < 5.1 mmol/l

1 hour after drinking glucose solution < 10.0 mmol/l

2 hours after drinking glucose solution < 8.5 mmol/l

## What are the risks of GDM to mother and child?

- Miscarriage
- Premature birth
- Preeclampsia
- Possible need for induction of labor or cesarean section
- Large fetus
- Birth trauma
- Intrauterine fetal death
- Adaptation disorders in the newborn
- Subsequent obesity of the child and predisposition to carbohydrate metabolism disorders