

## Your Glucose Tolerance Test

### After your baby is born

*If you had gestational diabetes in pregnancy, we advise that you have a glucose tolerance test for type 2 diabetes after your baby is born.*

### What is this test?

A *glucose tolerance test* is a blood test to check how well your body breaks down the sugar you eat. This test will tell us if you have type 2 diabetes.

The test takes about 2½ hours. You will have 2 blood draws.



*Ask your healthcare provider about taking your usual medicines before this test.*

### How do I prepare?

- Ask your provider if you should take your usual medicines before the test.
- **Do NOT eat or drink anything for 8 to 10 hours before your test.** It is OK to drink water.
- You will wait 2 hours between the 2 blood draws. You may want to bring a book or something else to do during this time.
- You may want to bring a snack to eat **after the 2nd blood draw.**

### What can I expect?

- When you arrive for your test, you will have your 1st blood draw. This will give us your *fasting blood sugar level*.
- We will then give you a sweet carbonated drink. You will need to drink it all within 5 minutes.
- For the next 2 hours:
  - Do **not** eat or drink anything. It is OK to drink water.
  - Do **not** smoke, use breath mints, or chew gum, even if sugarless.
  - Stay near the lab. Avoid walking. Sit as much as you can.
- You will have your 2nd blood draw **exactly 2 hours** after we give you the drink. Having this blood draw on time is important.
- After the 2nd blood draw, you may eat and drink. Your provider will talk with you about the test results and any next steps.

### Questions?

Your questions are important. Call your healthcare provider if you have questions or concerns.

Maternal and Infant Care  
Clinic: 206.598.4070