

1 HOUR GTT

This test screens for gestational diabetes, a type of diabetes that can develop during pregnancy.

The American College of Obstetricians and Gynecologists (ACOG) recommends screening all pregnant patients at 24–28 weeks (or earlier if you have risk factors).

Gestational diabetes often has no symptoms, but if untreated, can increase risks for you and your baby. Early detection helps keep your pregnancy healthy.

INSTRUCTIONS

Instructions

- You will drink a sweet glucose solution.
- Your blood will be drawn 1 hour later.
- You do not need to fast.
- The test takes about 60–75 minutes total.

If your result is above the screening threshold, you will be asked to complete a 3-hour diagnostic test.



FAQS

What should I eat before the test?

- You may eat normally.
- For best results:
 - Avoid large amounts of sugar or carbohydrates right before your test (soda, candy, pastries, juice, sweet coffee drinks). Have a balanced meal with protein.

Can I drink water?

- Yes — water is encouraged.

Can I take my medications?

- Yes, unless your provider tells you otherwise. If you take medications that affect blood sugar, ask your provider.

Will the drink make me sick?

- Most people feel fine. Some may feel:
 - Mild nausea
 - Lightheaded
 - Warm or flushed
- This usually passes quickly. Tell staff if you feel unwell.