

3 HOUR GTT

When the screening 1 hour test is abnormal, a confirmatory test is performed.

The 3-hour glucose tolerance test checks how your body processes sugar during pregnancy. It is used to diagnose gestational diabetes, a condition that can affect both you and your baby if not treated.

How to prepare for the test

- Do not eat or drink anything for at least 8 hours before the test.
 - You may drink small sips of water only.
- Schedule the test in the morning, if possible.
- Continue taking your usual medications unless your provider tells you otherwise.
- Avoid chewing gum, or using mints during the fasting period.
- Eat your normal diet in the days leading up to the test unless instructed otherwise.

What to expect during the test

- The test takes approximately 3 hours.
- A blood sample will be drawn before you drink the glucose solution (fasting level).
- You will then drink a 100-gram glucose solution.
- Blood samples will be drawn at:
 - 1 hour
 - 2 hours
 - 3 hours after drinking the solution
- You must remain in the clinic for the entire test.



During the test

- Do not eat or drink anything (except small sips of water if needed).
- Remain seated and avoid physical activity.
- Do not chew gum, eat candy or snacks
- Tell the staff if you feel nauseated, dizzy, weak, or unwell.

After the test

- You may eat and drink normally once the test is completed.
- Your provider will contact you with the results and discuss next steps if needed.