

What to expect with the oral glucose tolerance test (OGTT)

Gestational diabetes mellitus (GDM) is a type of diabetes that may develop during pregnancy.

The way we test for GDM is with an oral glucose tolerance test (OGTT) when you are around 24-28 weeks pregnant. It tests how well your body uses sugar (glucose).

Some women with risk factors of developing GDM may be asked to have this test earlier. Knowing you have GDM means you can be supported throughout your pregnancy helping to keep you and your baby safe.

Information you need to discuss with your healthcare provider before the test

- Do you take regular medications?
- Have you been sick in the two weeks before the test or on the day of the test? You may need to reschedule your test.
- Do you have any dietary restrictions or are you on a special diet (e.g., low carbohydrate diet)
- Have you had bariatric (weight loss) surgery in the past?
- Do you have hyperemesis gravidarum – a condition that causes severe nausea and vomiting?

Make an appointment to get tested

- You will require a pathology form from your healthcare provider to complete the OGTT.
- Call the pathology service to make the appointment.
- The OGTT is generally performed early in the morning before 10am.
- Do not book your appointment during any cultural fasting periods (e.g., Ramadan).

Appointment:

Date

Time

Book with a Northern NSW pathology service:

NSW Health Pathology

02 6620 2900

Sullivan Nicolaides Pathology

1800 777 877

QML Pathology

07 3121 4444

4Cyte Pathology

13 42 98

Lavery Pathology

13 39 36



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How the test works

The test will take up to 3 hours. Bring something to do or read while you wait.

You cannot eat or drink anything during the test.

- To start the test, pathology staff will take a blood sample.
- You will then drink 300ml of liquid within 5 minutes. This liquid contains 75g of glucose.
- A second blood sample is taken after 1 hour.
- A third blood sample is taken after another hour.

What if I vomit or feel unwell during the test?

Please tell pathology staff as you may not be able to complete the test.

Contact your health care provider (GP, midwife or specialist) to discuss other options.

After the test you

- can return to your usual activities immediately
- will get the result within 1 week. If you do not hear about your results, please contact the healthcare provider who requested the test (GP, specialist or midwife).

How to prepare for the test

The week before the test

Eat the food you usually eat.

You do not need to change your diet.

Keep taking your usual medications or as advised by your healthcare provider.

From 11pm the night before the test, follow these rules until after the test the next day



No food or drink (except for water) or chewing gum



no smoking or vaping



no exercise.

