

# Glucose Tolerance Test

A glucose tolerance test measures your body's response to sugar (glucose).

This test can be used to check for high blood sugar caused by type 2 diabetes. A version of the test is also used to check for gestational diabetes (a type that develops during pregnancy).

## Checking for Type 2 Diabetes (not during pregnancy)

### Before Test

- You will need to fast, so you are not able to eat or drink anything except for water for at least 8 hours before the test.
- Do not smoke the morning of the test.
- If you are to take your medicines the morning of the test, take them with sips of water only.

### During Test

- A sample of your blood is taken with a needle.
- You are given a sweet soda to drink. Drink it all as directed.
- Do not eat or drink anything except water until the end of the test.
- Another blood sample will be taken each hour for the length of the test.

### After Test

- You may eat and drink again.
- Test results are sent to your doctor. Your doctor will share the results with you.

## Checking for Gestational Diabetes During Pregnancy

### Before Test

- You do not need to fast for this test.

### During Test

- You will be given a sweet soda to drink.
- Do not drink or eat anything for 1 hour after the soda.
- After 1 hour, you will have a finger stick to get a drop of your blood to check your blood sugar level.

### After Test

- If your level is high, more testing may be needed.

If you do not feel well at anytime, tell the staff right away.

**Talk to your doctor or nurse if you have any questions or concerns.**