

葡萄糖耐量測試

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.

葡萄糖耐量測試可以衡量您身體對糖 (葡萄糖) 的反應。

此項測試可用於檢查2型糖尿病引起的高血糖。該測試的另一版本也用於檢查妊娠糖尿病 (一種在孕期出現並發展的糖尿病) 。

2型糖尿病檢查 (非懷孕期間)

測試前

- 您需要禁食，所以在測試前至少8小時內，除水外，不能進食或飲用任何東西。
- 測試當天早上請勿抽菸。
- 如測試當天早上吃藥，請只喝幾小口水送服。

測試過程中

- 以針筒抽取您的血液樣本。
- 工作人員會請您飲用甜蘇打水。請按指示全部喝完。
- 測試結束前，除水以外請勿進食或飲用任何東西。
- 測試期間每小時抽血一次。

測試之後

- 可恢復進食、喝水。
- 測試結果會送到您的醫生處。您的醫生會告知您結果。

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.

孕期妊娠糖尿病檢查

測試前

- 您不用因此測試而禁食。

測試過程中

- 工作人員會請您飲用甜蘇打水。
- 飲用甜蘇打水後1小時內，請勿進食或飲用任何東西。
- 1小時後，將針刺您手指擠一滴血以檢查血糖水平。

測試之後

- 如果您的血糖水平很高，則可能需要進一步試驗。

任何時候感到不適，請立即告知工作人員。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。