

Glucose Tolerance Testing

Why is Glucose Tolerance Testing done? To determine if you have diabetes or gestational diabetes. Factors that increase your risk of diabetes or gestational diabetes: older than 25, family history of diabetes, already delivered a 9 pound or larger baby, complicated pregnancies, obesity, recurrent vaginal yeast infections, slow healing, acetone breath (juicy fruit smell), glucose in urine. ***Many women with gestational diabetes will have NO symptoms or risk factors.***

There are usually no symptoms until the disease has started to affect your pregnancy. If undetected and untreated diabetes can put your baby at risk for macrosomia (getting too big), shoulder dystocia (a traumatic birth), metabolic imbalance after birth (may require medical interventions such as blood tests, IV medications, assisted ventilation, formula/artificial feedings), still birth.

When is Glucose Tolerance Testing done? This test is offered around 28 weeks. It may be offered earlier if you have a family history of diabetes or have been gestational diabetic before.

How is Testing done? Eat a protein breakfast (avoid carbohydrates or sugars) the morning of the test. Ingest 50 grams of glucose in 10 minutes (16 ounces of Tropicana orange juice OR Glucola provided by the lab OR 28 small Brachs jelly beans). Do not eat anything else, do not exercise. Keep an eye on the clock and make sure that your blood is drawn EXACTLY 1 hour later. ***Be sure to have a snack on hand for after the test.***

How are Results determined? 140 and below are considered normal. Further testing is done if your results are above 140.

Risks of the test: No risks beyond drawing your blood. Sometimes women who have fasted before the test feel woozy during the test.