

Glucose tolerance test (Easy read)

Other formats

If you need this leaflet in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

what



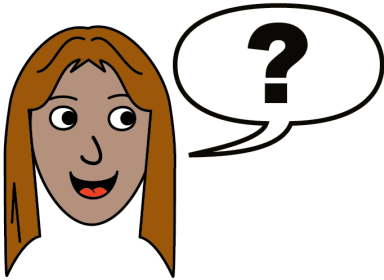
Sometimes in pregnancy people can develop Gestational (pregnancy) Diabetes.

Gestational Diabetes can mean that you have high levels of sugar in your blood.

Too much sugar in your blood can be bad for your baby.

To test for Gestational Diabetes, we will offer you a glucose tolerance test.

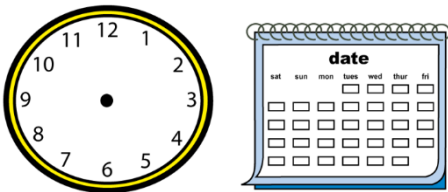
ask questions



Your midwife will ask you to have a Glucose tolerance test if:

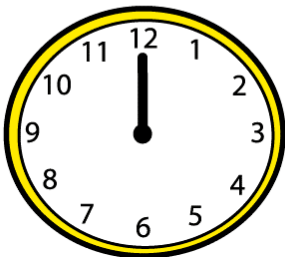
- Your body mass index is 30 or above
- You have had a large baby in the past
- You have a family history of Diabetes
- You have had Gestational Diabetes before
- You have had sugar in your wee
- You have had steroids in pregnancy
- You have lost a baby to stillbirth.
- If you or your family are from certain areas in the world.

time and date



Your midwife will tell you where and when your appointment is.

**12.00
o'clock**



From midnight on the night before your test you should:

- **Not** eat any food
- **Not** smoke cigarettes
- **Not** chew any gum.

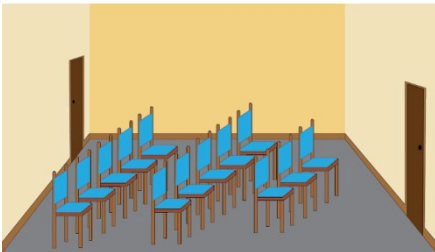
You can drink water.

drink



You will be given a drink that needs to be finished in 10 minutes.

waiting area

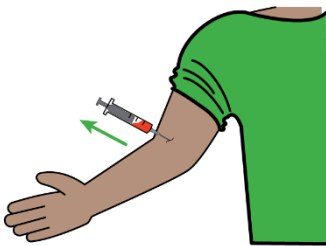


You will be asked to wait quietly in the waiting room for two hours.

Please bring your phone or something that will help you pass the time.

When you are waiting you cannot smoke, eat or chew gum.

blood test



After two hours you will have another blood test.

After the second blood test you can go home.

Your midwife will tell you the results.

If you do have Gestational Diabetes you will see a special team.

The special team will support you.

Your notes

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

You can also share your feedback on the Care Opinion website at www.careopinion.org.uk or freephone 0800 122 3135.



Scan the QR code to visit the Care Opinion website →

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