

Your doctor has asked you to have a Glucose Tolerance Test (GTT). This test is to find out if you are at risk of diabetes during your pregnancy. This is known as gestational diabetes. Gestational diabetes can happen when a pregnant woman has high blood sugar with no history of diabetes before pregnancy. Having a glucose tolerance test involves drinking a 330ml sugary drink and having 3 blood tests over a 3-hour period. This test is done while you are resting, so you will need to stay in the pathology collection centre for the whole 3 hours.

What do I need to do?

Booking your test:

GTT appointments are available at Canberra Hospital, and Belconnen, Gungahlin, and Weston Creek pathology collection centres.

Because this is a long test, you will need to book an appointment either through the MyDHR app or by sending an email to ACTPathology@act.gov.au. Appointments for this test fill up quickly, so please book as soon as you can.

Before the test:

It is important to follow these instructions carefully so that your results are accurate. If you do not, we will have to rebook your appointment. Please do the following:

- You can eat normally *until* the day before your test.
- *The day before your test*, eat your meals including dinner as normal.
- **After midnight, do not eat or drink anything except water. You can take your usual medications.**
- Please drink enough water while you are fasting so that you do not become dehydrated.
- Please do not drink alcohol, smoke, vape, or wear nicotine patches the day before your test as it will affect your results and you will have to repeat the test.
- Please do as little exercise as possible the day before *and* the day of the test.
- Please make sure you have parked your car in a 3-hour parking area, as you will need to stay in the pathology collection centre for the entire test.
- You must **bring your request form** and your **Medicare card** to the collection centre for your test. If you do not have access to Medicare, please bring your international student or private health insurance card if possible. If you do not have international insurance or Medicare, the cost of this test is **\$57.70**. You will receive this bill in the mail.

Oral Glucose Tolerance Test Pregnancy



During the test:

- You will need to rest during the test. You may bring something quiet to do, such as a book to read.
- On arrival, we will need to prick your finger to check your glucose levels. If these are too high, we will have to stop the test for your safety. If your doctor or midwife decides you need to have another glucose tolerance test, you will have to rebook at the Canberra Hospital collection centre only.
- If you feel unwell during the test, please let an ACT Pathology staff member know immediately so they can help you.

After the test:

- If you feel unwell when your test finishes, please do not leave the collection centre and let an ACT Pathology staff member know so they can help you.
- When the test is finished, you can return to your normal eating and drinking patterns.

For further information about Glucose Tolerance Tests, please contact one of the ACT Pathology Collection Centres listed below:

Canberra Hospital Mon – Fri 7:30am – 5:30pm Saturday 8:30 – 12:15 ACTPathology@act.gov.au Ph: (02) 5124 2816	
Belconnen Health Centre Mon – Fri 8:00am – 5:00pm Ph: (02) 5124 1502	Weston Creek Health Centre Mon – Fri 8:00am – 12:00pm & 1:00pm – 4:00pm Ph: (02) 5124 4525
Gungahlin Health Centre Mon – Fri 7:30am – 4:30pm Saturday 8:30am – 12:30pm Ph: (02) 5124 1135	Tuggeranong Health Centre Mon – Fri 8:00am – 5:00pm Saturday 8:30am – 12:00pm Ph: (02) 5124 1352

Acknowledgement of Country



Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.



Accessibility

Call (02) 5124 0000



Call 131 450

canberrahealthservices.act.gov.au/accessibility

