



## Patient Instructions for Post-Partum 2 Hour Glucose Tolerance Test

### Things to know before the test

- **TESTING** for diabetes is advised at 6-12 weeks post-partum for women with a diagnosis of gestational diabetes (GDM) during their pregnancy.
- **PLEASE Make a LAB appointment** for your **Post-Partum 2 hour GTT** Test with a Clinic receptionist.
- **FOR** accurate results, it is very important that you follow these instructions exactly.
- **DO NOT** restrict your diet in the days before the test. If you read food labels or count carbohydrates, consume at least 150 grams of carbohydrate per day for at least 3 days before the test.
- **YOU MUST BE FASTING** for this test. **DO NOT** eat or drink anything except **WATER** for at least 8 hours before the test. You may drink plain water **ONLY**. Do **NOT** drink coffee, tea, soda (regular or diet) or any other beverages. Do **NOT** smoke, chew gum (regular or sugar-free) or exercise.
- **BRING** something with you to do such as a book or laptop computer, etc. (wi-fi is available). You must remain in the clinic during the 2 hours needed for this test.
- **BRING** something to eat afterward. You will likely be hungry and possibly a bit nauseated from the test. Eating a protein snack after the test may be helpful.

### On the Day of the Post-Partum 2 Hour Glucose Tolerance Test

- **A FASTING** Blood sample will be collected and tested for glucose. If the results are normal, you will be asked to drink 10 ounces of 75 gram oral glucose tolerance beverage.
- **DRINK** the entire bottle (10 ounces) of 75 gram glucose beverage within **5 minutes**. **Lab staff** will note the time you finish drinking the glucose solution.
- **DO NOT** eat or drink anything except plain water after finishing the beverage. (No mints, cough drops or chewing gum. No smoking is allowed.)
- **DURING** the next 2 hours, you must remain in the Clinic. You may relax in the clinic waiting area if you do not have an appointment with your provider during this time. Please notify the clinic staff if you feel ill or need assistance.
- **AT THE END** of 2 hours, we will ask you to return to the lab to have your blood sample drawn.
- **AFTER** the test is complete, you may eat and drink as normal.

### Questions?

- **PLEASE CALL** Madison Women's Health at 608-729-6300