

# ORAL GLUCOSE TOLERANCE TEST



An Oral Glucose Tolerance Test (OGTT) is usually done between 24–28 weeks of pregnancy, when the greatest amount of insulin resistance occurs. If risk factors are present it needs to be done earlier.

### Why are women given an oral glucose tolerance test during pregnancy ?

1. Most doctors routinely screen women for gestational diabetes because all women who become pregnant are at risk.
2. If a woman has gestational diabetes her blood sugar (blood glucose) will be elevated. This can cause the baby to gain excess weight and cause health problems for the mother.
3. Gestational diabetes can sometimes be treated with diet and exercise. However, some women may need Insulin injections to help control their blood sugar levels, if diet and exercise do not achieve the desired levels.
4. In most cases, gestational diabetes resolves by itself after the baby is born. Some women remain diabetic after pregnancy and will then be classified as having Type 2 diabetes. It is imperative therefore, to repeat the OGTT or fasting blood sugar six weeks post delivery and then yearly.

### What do I have to do before my test ?

1. It is important that you have followed a normal unrestricted diet for the three days before your blood test.
2. Please do not have anything to eat or drink, other than water, for 8–10 hours after dinner the day before the test, until after the test is completed.

### How is this test done ?

1. At the start of the test you will have a blood sample taken and then be given a drink containing 75 grams glucose in 200 ml of water.
2. A further blood sample will be taken one hour and two hours after the drink. You should not eat, and should remain seated for the duration of the test.

## International Association of Diabetes and Pregnancy Study Groups Guidelines (IADPSG)

Time after glucose load (after drinking 75gm of glucose)	Normal Ranges
Fasting (before glucose load)	92 mg/dL (5.3 mmol/L) or lower
1 Hour after glucose load	180 mg/dL (10.0 mmol/L) or lower
2 Hours after glucose load	153 mg/dL (8.6 mmol/L) or lower

One abnormal value is defined as gestational diabetes. You will then need to report to your doctor.

### Other criteria for the diagnosis of Diabetes, which do not require Oral Glucose Tolerance Test for confirmation

HbA1c	> 6.5%
Fasting plasma glucose. Fasting is defined as no caloric intake for at least 8 h.*	> 126 mg/dl (7.0 mmol/l)
Random plasma glucose	> 200 mg/dl (11.1 mmol/l)

*\*Diabetes Care January 2011 34:S62-S69; doi:10.2337/dc11-S062.*

