

Manning Hospital Pregnancy Oral Glucose Tolerance Test

A Pregnancy Oral Glucose Tolerance Test (POGTT) is offered to all women at 24-28 weeks of pregnancy, and earlier if they have risk factors. It is a blood test that measures how quickly your body responds to a glucose load. Women whose body is slower to respond are said to have Gestational Diabetes.

An appointment for a POGTT is essential.
Phone the collection centre you would like to use. The number is on the back of your request form.

Instructions:

1. Eat your usual meals in the 3 days before the test
2. Do not have anything to eat or drink (except tap water) for 12 hours before the test starting time
3. Allow 2-3 hours to complete the test and you must stay at the pathology department for this time. You will NOT be able to attend other appointments. Bring a magazine, phone/tablet or craft to occupy yourself
4. Do not smoke on the day of the test

A blood sample will be collected, then you will be asked to drink a sweet glucose drink and blood will be collected 1 and 2 hours later.

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