

*If you have
any questions,
please talk with
your care team.*

Gestational Diabetes 1-Hour Screening Glucose Tolerance Test

Gestational diabetes is a type of diabetes that can happen to those who are pregnant. You will have gestational diabetes screening between 24 to 28 weeks of your pregnancy.

The glucose tolerance test (GTT) is a blood test that shows how well your body processes sugar. High blood glucose (blood sugar) levels may mean you have gestational diabetes.

It is important to treat gestational diabetes to avoid health problems.

First screening

To do the screening, the care team will check your blood glucose level. You will need to make an appointment with the lab for a 1-hour GTT. Like any screening test, the 1-hour GTT will help your care team find out if there is a problem and you need more testing.

How to take the 1-hour GTT

You can eat as normal the day of the test. You do not have to fast for the 1-hour GTT.

You will come to one of the Northwestern Memorial Hospital laboratory testing clinics 10 minutes early on the day of your GTT appointment.

In the lab:

- The lab technician will give you a sugar solution to drink.
- You should drink the solution in 3 minutes from start to finish.
- **Do not eat or drink while you wait. You may only drink water.**
- 1 hour from the time that you took your 1st drink, the technician will draw a blood sample from your arm.

Do not eat or drink (including chewing gum) during the GTT. You may only drink water. You may eat and drink again when the test is over.

Plan to stay on campus for 1 hour to complete the test. If weekdays are not good for you, please schedule a Saturday appointment.

Further testing

A positive (high blood glucose level) result on the 1-hour GTT does not mean that you have gestational diabetes. In fact, only about 1 out of 3 people who are pregnant and test positive on the 1-hour GTT will have gestational diabetes.

If you test positive on the 1-hour GTT, you will need to take the 3-hour GTT. This test takes longer than the 1st screening test. It will show for sure whether you have gestational diabetes or not.

You must be fasting for 8 hours before taking the 3-hour GTT. Your care team will give you more information and instructions for this test.

To learn more

If you have any questions about the 1-hour GTT, ask your care team.

To learn more about gestational diabetes, go to the American College of Obstetricians and Gynecologists (ACOG) website at [acog.org/womens-health/faqs/gestational-diabetes](https://www.acog.org/womens-health/faqs/gestational-diabetes).

Laboratory testing locations and hours

Northwestern Medicine offers several locations for outpatient laboratory services.

To learn more about draw sites, addresses and scheduling options, go to:

[nm.org/conditions-and-care-areas/lab-services](https://www.nm.org/conditions-and-care-areas/lab-services) > Areas of Care > Outpatient Lab Draw

