

# 3-Hour Glucose Tolerance Test in Pregnancy

## What is the 3-hour glucose tolerance test?

This test will determine if you have gestational diabetes.

## How do I complete this test?

1. Eat and drink as you usually do in the days leading up to taking this test.
2. **Do not eat or drink for 8 hours before the test.** You may have small sips of water only. It is easiest to fast overnight and complete the test early in the morning.
3. Go to one of the Michigan Medicine MLab locations. To find a location scan the QR code or visit: <http://michmed.org/jO40w>
  - You do not need an appointment.
4. When you arrive, your blood will be drawn to measure your fasting blood sugar.
5. The lab will give you will a beverage containing glucose (a sugary drink). Drink the whole bottle of glucose in 5 minutes or less.
6. Your blood will be drawn at 1 hour, 2 hours, and 3 hours after your drink. (you will have a total of 4 blood draws that day)
7. **Do not eat, smoke, or exercise until after the last blood draw.**
  - Bring a snack to eat before you drive you home.

**Gestational Diabetes** - a condition in which a woman without diabetes develops high blood sugar levels during pregnancy.



## What do my results mean?

- A normal fasting blood sugar is less than 95 mg/dL.
- 1 hour after drinking the glucose drink, a normal blood sugar is less than 180 mg/dL.

- 2 hours after drinking the glucose drink, a normal blood sugar is less than 155 mg/dL.
- 3 hours after drinking the glucose drink, a normal blood sugar is less than 140 mg/dL.
- You will be diagnosed with gestational diabetes if:
  - Your fasting blood sugar is 95 or greater
    - or -
  - Two of the other three values are high
- If you are diagnosed with gestational diabetes, you will receive more instructions from your doctor on how to manage your blood sugars throughout the rest of your pregnancy.

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