

# Postpartum 2-Hour Glucose Tolerance Test

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## What is the 2-hour glucose tolerance test?

This is a screening test for Diabetes Mellitus. This test is completed at 6-12 weeks postpartum.

## Why do I need the 2-hour glucose tolerance test?

Women diagnosed with Gestational Diabetes (GDM) during pregnancy are at an increased risk for developing **Type 2 Diabetes Mellitus** after pregnancy. Postpartum screening of women with GDM provides early detection of women with ongoing blood sugar abnormalities which allows for timely intervention and care planning.

**Type 2 Diabetes Mellitus** – a condition in which your body does not use insulin properly.

## How do I complete this test?

- Eat and drink as you usually do in the days leading up to taking this test.
- **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.
- Go to one of the Michigan Medicine MLab locations. Scan the QR code with your smartphone camera to see a list of MLab locations. You do not need an appointment.
- When you arrive, your blood will be drawn to measure your fasting blood sugar.
- You will be given a sugary drink (glucose drink) by the lab. Drink the whole bottle of glucose in 5 minutes or less.
- Your blood will be drawn at 2 hours after your drink.



→ Do not eat, smoke, or exercise until after the last blood draw. Bring a snack to eat before you drive you home.

### What do my results mean?

Screening results	Normal	Pre-diabetes	Diabetes
Fasting blood sugar	Less than 100 mg/dl	100-125 mg/dl	126 mg/dl or greater
2-hour blood sugar	Less than 140 mg/dl	140-199 mg/dl	200 mg/dl or greater

If you have an abnormal result, you will be referred to your Primary Care Provider for follow up and management.

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