

Three-Hour Glucose Tolerance Test

The Glucose Tolerance Test measures the body's ability to process glucose, the sugar that the body uses for energy. In pregnancy, a Three-Hour Glucose Tolerance Test is usually ordered after an abnormal value on an initial one-hour screening test.

How do I prepare for the Glucose Tolerance Test?

- For at least 3 days before the test, you should eat an unrestricted diet. That is, you should include all the foods you usually eat, particularly those that contain carbohydrates, such as breads, cereals, grains, fruit and milk.
- You must fast for at least 8 hours before the test. Fasting means you should not eat or drink anything. You may drink sips of water.
- If you regularly take prescribed medications discuss with your provider which you should take them the morning of the test. Plan to take your prenatal vitamin after the test that day.
- Do not exercise on the morning of the test

What happens during the test?

- This test evaluates four blood samples taken over the course of three hours. First, the lab staff will check your fasting blood glucose level. You will then drink a specified amount of Glucola, a flavored sugar drink supplied by the lab. The staff will check your blood glucose levels again at one hour two hours and three hours later.

You must remain at the lab for the duration of your test. Physical activity will affect test results. Bring reading material or other projects to keep you occupied during these three hours.

Bring a snack for after the test.

Interpreting the results of the test

Maitri usually receives the results in our office within 24-hours of completion. If you call us after your test to let us know that you completed your test we will look out for the results. Your provider will review your results and discuss them with you. If two or more of your glucose levels are higher than normal, you have gestational diabetes.

Above normal results for the oral glucose tolerance test (100g Glucola)

Fasting: 95 or higher

1 hour: 180 or higher

2 hours: 155 or higher

3 hours: 140 or higher