



Barnmorskemottagningar, Regionhälsan

Patientinformation: Glukosbelastning (OGTT) översatt till engelska.

Datum: 2025-12-04

Glucose tolerance test

If you are pregnant and testing shows you have raised blood glucose levels, you will be offered a glucose tolerance test within a week. Pregnant women with other risk factors for developing gestational diabetes will be given a glucose tolerance test between week 25 and 29 of their pregnancy, regardless of whether their blood glucose level has been normal earlier.

Preparing for a glucose tolerance test

In preparation for a glucose tolerance test you must not:

- Eat or drink anything for 8 hours preceding the test, except 1/2-1 glass of water.
- Chew chewing gum for 8 hours preceding the test.
- Smoke or use snuff for 8 hours preceding the test.

How a glucose tolerance test is carried out:

- When you arrive at the unit an initial blood test is done (on your finger) to measure your blood glucose level. This is known as your fasting level.
- You will then be given a sugar (glucose) solution to drink, after which you have to stay at the unit for two hours. During these two hours you are meant to rest, so it's important that you are alone and haven't brought a family member or friend with you.

- Two hours after you drank the sugar solution a follow-up blood sample is taken from your finger to check the blood glucose level.

Pregnant women who have undergone obesity surgery or suffer from severe pregnancy nausea

A glucose tolerance test will not be carried out if you for any reason suffer from severe nausea or if you have undergone obesity or gastric bypass surgery. In such cases a 3-day glucose profile (which registers your blood glucose before and after meals over 3 days) will be carried out instead.

Follow-up and counselling

If you are diagnosed with gestational diabetes your case will be followed up and a care plan drawn up for you via your midwifery unit or a medical care centre. You will be counselled regarding diet and exercise, and be given your own blood glucose meter with which to check your blood glucose every day for at least seven days. The follow-up can be done in different ways depending on where in the region you live – ask the midwife at the midwifery unit for more information.

You have the following appointment for a glucose tolerance test:

Place:

Date:

Time:
