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### **3-Hour Glucose Tolerance Test (3hGTT) – Standard Preparation:**

**Purpose:** Gestational diabetes indicates high blood sugar (diabetes) that starts or is found during pregnancy. Most pregnant women have the 1-hour glucose screening test between 24 and 28 weeks of pregnancy, which pre-screens for gestational diabetes. It may be done earlier, if glucose is found in the urine at a routine prenatal visit or if a woman is at higher risk for diabetes. If the 1-hour glucose is higher than the normal reference range, the next step is the 3-hour glucose tolerance test (3hGTT). It is recommended that the 3hGTT is performed no later than the 28<sup>th</sup> week of pregnancy. The 3hGTT test will measure glucose concentration in the blood over a three hour period after an initial 100-g oral glucose load. The 3-hour glucose tolerance test (3hGTT) is a diagnostic test for gestational diabetes.

**Standard Preparation:** The test is only performed in the morning after an overnight fasting of 10 hours and no more than 12 hours.

1. On the night before the test, the patient should be instructed on Nothing By Mouth (NPO) after 10:00PM.
2. The patient may have sips of water, if necessary.
3. On the day of the test, the patient may not eat or drink anything after the test has started.
  - a. A patient may brush her teeth but should not swallow.
  - b. A patient may take prescribed medication with water, but do not exceed the intake of ½ glass of water.
  - c. A patient should be instructed to not smoke.
  - d. A patient should be instructed not to chew gum (including sugarless gum).
  - e. A patient should be instructed not to use breath mints.
4. These instructions should be followed to avoid false results.
5. The patient should plan to spend three hours at the office on the day of the test.
6. All questions should be directed to the Clinical Manager, Laboratory Director, Triage Nurses or Provider.