



# Gestational Diabetes Mellitus

## Glucose Tolerance Test



**Gestational Diabetes Mellitus (GDM) is diabetes that develops only in pregnancy. Typically, women with gestational diabetes have no symptoms. Most women are diagnosed after routine tests during pregnancy.**

When you are pregnant, your placenta produces hormones to help the baby grow. These hormones also block the action of insulin in your body (called insulin resistance). Women need 2 to 3 times more insulin when they are pregnant. If you already have insulin resistance, your body may not be able to cope with this extra demand for insulin. That will lead to blood glucose levels being too high and result in GDM.

Diabetes that is found during pregnancy usually goes away within 24 hours of your baby being born. Your baby will not have diabetes, but we will monitor your baby's sugars for the first 24 hours after birth.

### How we test for GDM

- At 24-28 weeks we will arrange for you to have a Glucose Tolerance Test. The test will take two hours.
- Some women will need to be tested early in pregnancy and this will be determined at your first booking visit.



Scan the QR code for more information and resources

- You must not eat or drink anything from midnight before the day of your test or until the test is finished. You may drink water before you start the test.
- You will have a blood sample taken when you arrive at the Women and Children's Outpatients Clinic.
- You will then be given a sweet drink which you must drink within 10 minutes.
- Further blood tests will be taken at one hour and two hour intervals.
- After the last blood test you can eat and drink normally.

### Results

If your test is abnormal you will either attend a special clinic on Wednesday mornings or remain in your already allocated clinic, depending on the result. You will be followed up by the Diabetic Team, which includes an obstetrician, endocrinologist, diabetic educator/dietitian and in some cases your own midwife.

**We will only contact you if your tests are abnormal.**

**You must not eat or drink anything from midnight before the day of your test or until the test is finished. You may drink water before you start the test.**

### Contact information

Pathology, Women and Children's Outpatients Clinic  
Level 3 South Block Nepean Hospital  
(02) 4734 2373

### Testing information

Tests start at 8.30am or 9.00am  
Please take a GREEN number and take a seat