



Patient Instructions for the Postpartum 2hr Glucose Tolerance Test

- **Things to know before the test:**

- TESTING for diabetes is advised at 6-12 weeks post-partum for women with a diagnosis of gestational diabetes (GDM) during pregnancy.
 - PLEASE make a lab appointment for your post-partum 2 Hour GTT test with the Rapid City Medical Center Lab.
 - DO NOT restrict your diet in the days before the test. If you read food labels or count carbohydrates, consume at least 150 grams of carbohydrates per day for at least 3 days before the test.
 - YOU MUST BE FASTING for this test.
 - BRING something with you to do such as a book or laptop computer, etc. You must remain in the clinic during the 2 hours needed for the test.
 - BRING something to eat afterward. You will likely be hungry and possibly a bit nauseated from the test. Eating a protein snack after the test may be helpful.
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- **Things to know day of test:**

- A FASTING blood sample will be collected and tested for glucose. Lab staff will then give you a glucola 75 gram beverage to consume.
- DRINK the entire bottle within 5 minutes. Lab staff will note the time you finish drinking the beverage.
- DO NOT eat or drink anything during the next 2 hours including gum or cigarettes. Small sips of water are allowed. Avoid activity.
- DURING the next 2 hours, you must remain in the clinic. Please notify the clinic/lab staff if you feel ill or need assistance.
- AT THE END of 2 hours, we will ask you to return to the lab to have your blood sample drawn.
- AFTER the test is complete, you may eat and drink as normal.

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