



**THE GUIRGUIS OBSTETRICS™
& GYNECOLOGY GROUP
OF BROOKLYN**

Patient Instructions: Three Hour Glucose Tolerance Test (GTT)

Some patients need to have additional diagnostic testing for Gestational Diabetes in the form of a Three Hour Glucose Tolerance Test (GTT).

Please follow your normal diet in the days prior to your GTT, but do not eat or drink anything after midnight. Upon arrival please notify the staff that you are having a three hour GTT. Your fasting blood will be drawn first. You will then be given a flavored drink with 100grams of glucose. Your blood will be drawn exactly one hour every hour for the next three hours after the consumption of the drink. Do not eat or drink anything during this time. You may want to bring a book/magazine to pass the time.

Some people experience side effects including (but are not limited to) dizziness, nausea and/or vomiting. Please notify the staff if you experience any of these side effects.

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