

What should you know before taking an Oral Glucose Tolerance Test (OGTT) during pregnancy?



1 Fast for 12 hours before the test

Do not eat or drink anything (except water) for 12 hours before the test. For example, if your test is at 9:00 a.m., have your last meal no later than 9:00 p.m. the evening before. **Do not smoke.** You may drink water if needed.

2 First blood test

A blood sample will be taken from a vein when you arrive, before drinking the glucose solution.

3 Drink the glucose solution

After the first blood test, you will be asked to drink **200 ml** of glucose solution **within 3–5 minutes.**

4 During the next 2 hours

You must remain at the clinic and rest (e.g. sit quietly, read or use your phone).

Do not eat, drink, chew gum, smoke or do physical activity during this time.

5 Second and third blood tests

Blood samples will be taken **1 hour** and **2 hours** after you finish drinking the glucose solution.

Please stay at the clinic until the last blood test is completed.