



病人教材

母婴保健科



三小时血糖耐量测试

有些妇女在怀孕期间产生了妊娠期糖尿病。三小时血糖耐量测试是检查糖尿病结果不正常而做的进一步测试。此小册是解释何谓三小时血糖耐量测试。

如您的血糖初试结果指标超过正常的范围（高于 140）、您可能需要再做三小时葡萄糖吸收测试（简称 **GTT**）以确定您是否患上糖尿病。整个测试需要 4 小时。

如何做此测试？

三小时葡萄糖吸收测试（简称 **GTT**）是在清晨吃早餐前做（上午 8、8:30 或 9）在禁食的情况下先测试空腹血糖、然后再喝糖水、以后每隔一小时抽血一次、共抽三次。

要如何准备？

测试前晚十二点以后请勿进食。因为要很长一段时间不能进食；所以在禁食前多吃一些宵夜。您可喝白开水、但不可喝茶、咖啡或其他饮料。预备一些测试后可吃的三明治或营养点心带来医院、但在测试前不可吃。

请在预约时间的十分钟前抵达。直接到验血部门去。它位于三楼。您的化验单会预先送验血部门。

我们会先测试您的血糖以确认您可以安全的继续做这测试。如血糖太高、可能就会停止测试。

如您血糖的指标没有过度超标、即可继续测试。我们会请您喝 10 盎司的甜汽水（比您做初步血糖测试时要多一倍的分量）。您在一小时后去抽血。以后每隔一小时抽一次血。在三小时内共抽血三次。

您有疑问吗？

请电：206-598-4070

我们很重视您的问题。您如有疑问或顾虑请致电您的医生或医护人员。其他华大医疗中心的服务人员也随时乐于为您服务。

母婴保健中心：
206-598-4070

紧急护士：
206-598-3129

做完测试后

做完测试后、您可能觉得乏力、恶心或饥饿。此时您就可享用您带来的三明治或营养点心。

何时可得知测试的结果？

在测试的当天即可得到结果。您的护士会去查看结果、并打电话通知您。

如两三个指标均偏高时、就证实您患了妊娠期糖尿病。被称为：妊娠糖尿病（GDM）。当您属妊娠糖尿病、您的护士将为您安排时间来看医生。

在看医生时您的医护人员将与您讨论如何改变饮食、及如何自己测试血糖。医生也可能为您开处方药服用、以确保怀孕期间您及宝宝都健康及安全。

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Maternity and infant Clinic

Box 356159

1959 N.E. Pacific St. Seattle, WA 98195
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3-Hour Glucose Tolerance Test

Some women develop gestational diabetes when they are pregnant. The 3-hour glucose tolerance test is a follow-up test that is done after an abnormal glucola screening test for diabetes. This handout describes the 3-hour glucose tolerance test.

If your glucola screening results are higher than the normal limits (greater than 140), you may need a 3-hour glucose tolerance test (GTT) to find out if you have diabetes. Plan to be at your appointment for about 4 hours for this test.

What the Test Involves

The GTT is done first thing in the morning (at 8, 8:30, or 9 a.m.) before you have eaten. It involves having your blood drawn for a fasting blood sugar, then drinking a sugar-sweetened drink, followed by 3 more blood tests spaced 1 hour apart.

How to Prepare for Your Test

Please do not eat anything after midnight the night before your test. It will be a long time before your next meal, so be sure and have a good snack just before you stop eating for the night. You may drink plain water, but no tea, coffee, or other beverages.

Plan to eat right after the test is over, but not before! Pack a sandwich or nutritional snacks and bring them with you to eat after the last blood test.

Plan to arrive at least 10 minutes before your appointment. Go directly to the laboratory to have your blood drawn. The lab is on the third floor of the Surgery Pavilion. Your paperwork will be sent to the lab ahead of time.

Questions?

Call 206-598-4070

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

Maternity and Infant
Care Clinic:
206-598-4070

Triage Nurse:
206-598-3129

Your blood sugar will be checked to make sure it is safe to continue with the test. If your blood sugar on that test is too high, the test may be stopped.

If your blood sugar is within a certain range, the test will continue. You will be asked to drink 10 ounces of a carbonated sugar drink (twice the amount you drank for the glucola test). Your blood will be drawn and tested 1 hour later. Over the next 2 hours, it will be drawn and tested 2 more times, for a total of 3 blood tests in 3 hours.

After Your Test

After your test, you may feel sluggish, nauseated, or just plain hungry. Now you can eat the sandwich or nutritional snacks you brought with you.

When Will I Get My Test Results?

Your test results should be ready on the same day that you take the test. Your nurse will check your results and call you.

If two or more of the numbers shown in the test are high, you have diabetes in your pregnancy. This is called *gestational diabetes mellitus* (GDM). If you have GDM, your nurse will make an appointment for you to come to the clinic for a visit.

At the clinic visit, your health care provider will discuss diet changes and home blood sugar testing. You may also receive a prescription for medications to make sure you and your baby stay healthy during your pregnancy.

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