



Waxbaridda Bukaanka

Bukaan Socod Eegtada Hooyada iyo Dhallaanka



Baaritaanka 3-da Saac ee u Adkeysiga Gulukooska

Haweenka qaarkooda waxaa ay qaadaan nooc macaanka ka mid ah marka ay uurka leeyihiin. Baaritaanka 3-da saac ee u adkeysiga gulukooska ee la qaado kaddib marka laga helo macaanka iyadoo ay ugu wacan tahay macaanka aan caadi ahayn kaddib marka la sameeyo baaritaanka hore. Qoraalkani waxaa uu qeexayaaa 3-da saac ee baaritaanka u adkeysiga gulukooska.

Haddii natiijada macaanka-daada ay ka sarreyso xadka caadiga ah (in ka badan 140), waxaa suuragal ah in aad u baahatid baaritaanka 3-da saac ee u adkeysiga gulukooska (GTT) si loo ogaado in aad qabtid macaan. Waxaad qorsheysataa in ay ballanta qaadnayso 4 saacadood.

Maxaa uu baaritaanku ku saabsan yahay

GTT waxa dhacdaa marka horraysa subaxnimada (oo ah 8, 8:30, ama 9 subaxdii), kahor intaanad wax cunin. Waxay ku jira cabbiraada dhiigaaga inta aanad wax cunin, dabeedna la cabbo cabbitaan sonkor leh. Kadib cabbitaankas, waxa la eegi dhiigaaga 3 mar oo kale, 1 saac oo kala dhacxayso.

Sida la Isugu Diyaariyo Baaritaankaaga

- Fadlan caadigaagii wax u cun muddada 2 ilaa 3 maalmood kahor GTT.
- **Waxba ha cunin ama ha calashan xanjo kadib saqda dhexe kahor baaritaankaaga.** Waxay qaadan doontaa waqti badan kahor intaanad wax kale cunin, markaas hubi oo qaado cunno fudud oo fiican kahor intaanad joojin cunista habeenkaas.
- Kadib saqda dhexe, waa inaad cabto biyo cad, aan ahayn shah, bun, ama sharaab kale.
- Ha cunin mar kale ilaa kadib baaritaanka sonkorta dhiigga ee ugu danbaysa.
- Waad cuni kartaa markiiba kadib baaritaanku markuu dhamaado. Soo qaado saandawij ama cunno fudud oo saxo lejh si aad u cunto kadib baaritaanka dhiigga.
- Qorshee inaad timaad ugu yaraan 10 daqiiqo kahor ballankaaga. Toos u tag shaybaarka si dhiigga lagaaga qaado. Shaybaarku wuxu ku yaalaa dabaqa 3aad (dabaqa weyn) ee rugta caafimaadka. Waraaqaha rugta ayaa durba sii hayn diyaarin doonta.

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Bogga 2

Bukaan Socod Eegtada Hooyada iyo Dhallaanka
Baaritaanka 3-da Saac ee u Adkaysiga Gulukooska

Su'aalo?

Su'aalahaaga waa muhiim. Waxaad wacdaa dhakhtarkaaga ama daryeelaha caafimaadkaaga haddii aad qabtid su'aalp ama ahmiyado ah. Shaqaalaha rugta UWMC waxay u joogaan inay ku gargaaraan.

Bukaan Socod Eegtada Hooyada iyo Dhallaanka:
206-598-4070

Markaad U Timaaddo Baarsitaada

- Macaanka dhiiggaaga ayaa la baarayaa si loo xaqiijiyo in baaritaanka la sii wadi karayo.
 - Haddii sonkorta dhiigaagu aad u sarrayso, waxa laga yaabaa in baaritaanka la joojiyo.
 - Haddii macaanka dhiiggaaga uu xad u dhaxeeyo, baaritaanka waa uu sii soconayaa.
- Waxaa lagu waydiin donaa in aad cabtid 10 awns (ounces) cabitaan sokor leh (in laba goor ka badan intii aad cabtay baaritaankii macaanka).
- Dhiigga ayaa lagaa qaadayaa kaddibna la baarayaa 1 kaddi.
- Kaddibna laba goor oo kale 2-da saacad ee xigta, taasoo tirade guud ee 3-ta baaritaan ka dhigaysa 4 saacadood.

Baaritaanka Kaddib

Baaritaanka kaddib, waxaa suural ah in aad dareentid daal, lab-labo, ama baahi oo kaliya. Waxaad cuni kartaa saandawij ama cunno fudud soo qaado.

Natijada Baaritaankaaga

Natijada baaritaankaagu waxay diyaar noqon kartaa isla maalintaas aad qaadatay baaritaanka. Haddii natijadu aanay caadi ahay, ballan ayaa lagaaga qaban si aad u timaad rugta.

Booqashada rugta, waxaanu kaala hadli natijadaada. Isla markaas, waxa lagu abuuri qorshe daryeel si adiga iyo ilmahaaga caafimaadkiina loo daryeelo muddada uurka.

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3-Hour Glucose Tolerance Test
Somali

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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. After you drink this, you will have 3 more blood tests, 1 hour apart.

How to Prepare for Your Test

- Please eat normally during the 2 to 3 days before your GTT.
- **Do not eat anything or chew gum 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.
- After midnight, you may drink plain water, but no tea, coffee, or other beverages.
- Do not eat again until after your last blood sugar test.
- You may eat right after the test is over. Pack a sandwich or healthy snack and bring it with you to eat after the last blood test.
- Plan to arrive at least 10 minutes before your appointment. Go directly to the lab to have your blood drawn. The lab is on the 3rd floor (main floor) of the medical center. The lab will already have your paperwork.

Questions?

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.

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When You Arrive for Your Test

- Your blood sugar will be checked to make sure it is safe to continue with the test.
 - If your blood sugar 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 4 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 snack you brought with you.

Your Test Results

Your test results might be ready on the same day that you take the test. If your results are abnormal, we will make an appointment for a clinic visit with you.

At the clinic visit, we will talk with you about your results. Together, we will create a care plan to keep you and your baby healthy during your pregnancy.

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