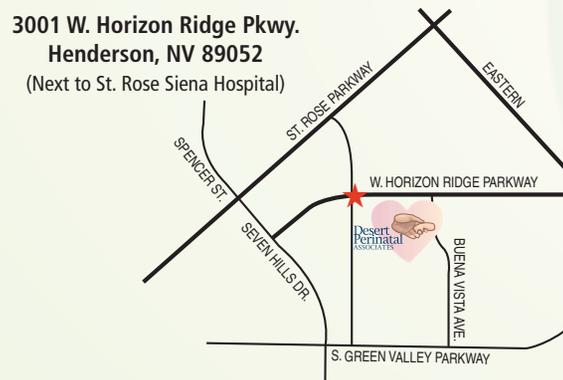
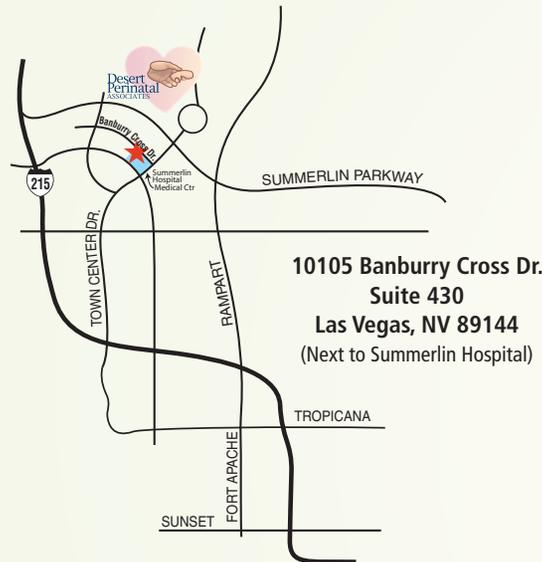


**Our Office
will notify you
of your test results
if they are
normal or abnormal**



**Our laboratory
opens at
8:30am
Monday - Friday
except during our
monthly staff meeting**

TELEPHONE (702) 341-6610
www.DesertPerinatalAssociates.com



Pregnancy 75g OGTT Glucose Tolerance Test

*You must be fasting
at least 8 hours prior
to beginning this test*

*Only water is okay
until the test begins*

Glucose Tolerance Test

Overview & Preparing for the Test

The oral glucose tolerance test (OGTT) measures the body's ability to break down (metabolize) glucose (the body's main source of energy).

The oral glucose tolerance test is used to screen pregnant women for gestational diabetes between 24 and 28 weeks of pregnancy, or as needed.

Your results will be transmitted to our office within 24-72 hours after completing the test. You will be notified of the results.

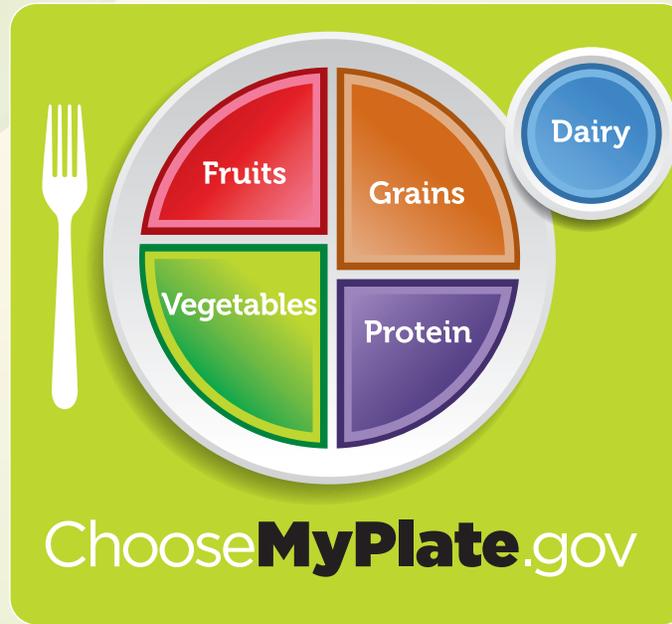
If any of the values are "abnormal," you will be diagnosed as having Gestational Diabetes.

This does not mean that you will need insulin.

If your test is abnormal, we will have you meet with one of our Certified Diabetes Educators.

How to Prepare for the Test

- Eat a balanced diet that contains at least 150 to 200g of carbohydrate for 3 days before the test.
- Fruits, breads, cereals, grains, rice, milk, yogurt, crackers and starchy vegetables (corn, beans, potatoes, pumpkin) are good sources of carbohydrate.
- Do not eat, drink (water is okay), smoke or exercise strenuously for at least 8 hours before your first blood sample is drawn.



Vegetables	Fruits	Grains	Dairy	Protein Foods
Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes. Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish. Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.	Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes. Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits. Select 100% fruit juice when choosing juices.	Substitute whole-grain choices for refined-grain breads, bagels, rolls, break-fast cereals, crackers, rice, and pasta. Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name. Choose products that name a whole grain first on the ingredients list.	Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Top fruit salads and baked potatoes with low-fat yogurt. If you are lactose intolerant, try lactose-free milk or fortified soy milk (soy beverage).	Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs. Twice a week, make seafood the protein on your plate. Choose lean meats and ground beef that are at least 90% lean. Trim or drain fat from meat and remove skin from poultry to cut fat and calories.

What to Expect

- You must be fasting at least 8 hours prior to beginning the test.
 - Water is okay.
 - If you take medication, please ask the nurse for instructions.
- When you arrive, a fasting blood sample will be drawn.
- You will be given a flavored drink that contains 75g of glucose.
- Your blood will be drawn at 1 hour and 2 hours after finishing the drink.
- You must remain in the office, seated, while the test is being conducted. You will not be allowed to drink any fluids or eat anything while completing the test; including water, gum, or candy.

