

# Abnormal Glucose Tolerance Test

## What Is It?



- **Glucose Tolerance Test** - is used to diagnosis diabetes, glucose intolerance and hypoglycemia. Glucose is given orally, and then blood tests are done at timed intervals to determine how quickly it clears from the blood stream. The test is done when the person is healthy and has not restricted their regular, usual diet. You will be asked to drink 75-100 grams of glucose (sugar), then have your blood glucose tested at the fasting level, at 1 hour, 2 hour, 3 hour and possible 4 hours.

## Signs and Symptoms:

- **Oral glucose tolerance tests**- are usually done in the following circumstances:
- **When diabetes is suspected**- with symptoms of weight loss, hunger, thirst, increased urination, sores not healing, etc.
- Family history of diabetes.
- **Pregnancy** – at the 24-28 month of pregnancy, a glucose tolerance test is performed to determine gestational diabetes, a type of diabetes found only during pregnancy. Pregnancy stresses the body and more insulin is needed, so often if enough insulin is not produced, the glucose level will be high.
- **Above normal glucose levels**- when doing blood chemistry for other medical reasons.

## Facts:

- You should be fasting, meaning no food or drink for 8-12 hours before the test.
- Some people feel nauseated or sweaty after drinking the glucose for the test.
- When the needle is inserted to draw blood, some people feel moderate pain. Others feel only a prick or stinging sensation. Afterward, there may be some throbbing.
- Glucose levels that are used to test for diabetes (not gestational) at each test time are:
- Fasting: 60-100 mg/dl    1 hour: < 200 mg/dl    2 hour: <140 - if glucose is >125 at fasting or if glucose is over 200 at any time, diabetes is usually diagnosed.
- For Gestational diabetes the following glucose levels are used:
  - **Fasting**- < 95 mg/dl    1 hour: <180 mg/dl    2 hour: <155 mg/dl    3 hour <140 mg/dl
  - **Above-normal blood glucose levels**-can be used to diagnose type 2 diabetes or high blood glucose during pregnancy (gestational diabetes). Insulin levels may also be measured. (Insulin is the hormone produced by the pancreas that moves glucose from the bloodstream into cells.)



## What Can I Do?

- **Your health care provider**- will discuss your test results with you to determine whether you have diabetes or higher than normal glucose levels are from another cause, like medications, stress, etc.
- **If you are diagnosed with diabetes**- talk with a Registered Dietitian about your meal plan. Diet, medications, and exercise are the key to controlling and maintaining diabetes.
- **Go to Food Fitness First**- for more information about diabetes, diets, medications, etc.

