**GLUCOSE TOLERANCE TEST**

**(GTT)**

**Please do this test between 26 and 28 weeks**

1. You must fast overnight but not for longer than 16 hours. No food, drinks or energy supplying substances in any form should be consumed for at least 8 hours prior to the test. However, water is permitted throughout the fasting period and during the test.
2. You should avoid excessive exercise during the fasting period.
3. Smoking is not permitted during the fasting period or throughout the test.
4. The test will take up to 3 hours. You must rest during this time, preferably either sitting or lying in a semi-recumbent position. You should remain at the collection centre for the duration of the test. You will require 3 blood tests.
5. The GTT must be performed in the morning because of a decreasing glucose tolerance in the afternoon.