

The Glucose Challenge Test (GCT)

The glucose challenge test is a **screening** test for diabetes of pregnancy. It is usually performed between the 24th and 28th week of pregnancy but may be done earlier if you are at high risk for diabetes due to personal or family history.

The test is performed in two steps. First, you are given a drink that contains a measured amount of glucose (50 grams). Then, one hour after you drink it, your blood is drawn and sent to the laboratory. If you have been given the bottle of glucola prior to the visit you should time it so you are in the office 15 minutes before your blood needs to be drawn.

Please do not eat anything for at least 2 hours prior to the test. You are also not permitted to eat or drink *during* the test but may do so once your blood is drawn.

Results are available within 24 hours by calling the office. If the result is higher than **135** you will be asked to perform a second test called a Glucose Tolerance Test or GTT. The GTT takes approximately 4 hours to do and is the test that makes the diagnosis of diabetes of pregnancy.