

ONE-HOUR GLUCOSE LOADING TEST (GLT)

一小時葡萄糖負荷測試



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

Your doctor recommends that all pregnant women be screened for gestational diabetes. Gestational diabetes is a high blood sugar condition that some women get during pregnancy.

Screening for gestational diabetes is usually done using the one-hour oral glucose loading test.

WHEN SHOULD I GET THE TEST DONE?

Usually, women are screened at 24 to 28 weeks of pregnancy. You may be asked to be screened earlier than 24 weeks if you are at high risk because you:

- Are overweight or obese
- Have a family history of diabetes
- Have a personal history of gestational diabetes
- Have had an unexplained still birth
- Have a baby with macrosomia (“big baby syndrome”)

WHEN AND WHERE CAN I GET THE TEST DONE?

When you come to North East Medical Services for the test, go to the lab. You do not need to pick a number. Tell the lab technician that you are there for the one-hour glucose loading test.

- Please check your clinic for lab schedule.
- You do not need to fast (you can eat and drink before the test).
- It is important to go to the lab first, even if you have another appointment at NEMS that day.



HOW IS THE TEST DONE?

You will be given a bottle of sugar solution that has 50 grams of glucose (sugar). It will taste very sweet. You must drink all of it within 5 minutes.

One hour later, the lab technician will take a blood sample from your arm to check your blood sugar level.

LAB RESULTS

Normal Result	Less than 140 mg/dl
Abnormal Result	Equal to or greater than 140 mg/dl

An abnormal test result (too high) does not necessarily mean you have gestational diabetes. Please consult with your provider. Your provider might have you come back for a three-hour Glucose Tolerance Test (GTT). The three-hour Glucose Tolerance Test (GTT) needs 8 hours of fasting.

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



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醫生建議所有孕婦進行妊娠期糖尿病測試。妊娠期糖尿病是懷孕期間血糖偏高的一種病症。某些孕婦在懷孕期間會患上此症。

妊娠期糖尿病通常用一小時口服葡萄糖負荷來進行測試。

應何時進行測試？

通常，孕婦會在懷孕 24 至 28 週期間進行測試。如果您屬以下的高危情況，您可能被要求在懷孕 24 週前做此測試：

- 過重或肥胖
- 有家族性糖尿病史
- 曾患妊娠期糖尿病
- 曾有原因不明的死胎
- 曾產過患巨大症（“大嬰兒綜合症”）的嬰兒

何時及何處能進行測試？

當選擇前來東北醫療中心做此測試時，您可以直接到化驗室，而毋須取號。只要告訴化驗員您要進行一小時葡萄糖負荷測試便可。

- 請到您的診所查詢化驗室的開放時間。
- 您毋須禁食（您可以在測試前吃喝）。
- 重要的是，即使您當天在東北醫療中心有其他預約，仍應先到化驗室。



測試如何進行？

您會被給予一支含 50 克葡萄糖的糖水。它喝起來很甜。您必須在五分鐘內把它喝完。

一小時後，化驗員會從您的手臂抽取血液樣本，以檢查您的血糖水平。

檢測結果

正常值	低於 140 毫克 / 分升
異常值	等於或高於 140 毫克 / 分升

異常的結果（過高）並不代表您患有妊娠期糖尿病。請諮詢您的醫生您的檢驗結果。您的醫生可能會要求您另外做一次三小時葡萄糖耐量檢測(GTT)。這個測試需要禁食 8 小時。

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