

## 4 - How to recognise gestational diabetes

If you have at least one risk factor for gestational diabetes (see sheet no. 2 “Gestational diabetes”) you will have to have an oral glucose tolerance test (OGTT) with 75 grams of glucose. Performing an OGTT is the only way to establish whether you actually have gestational diabetes.

### When is the OGTT done?



Between the 16th and the 18th week of pregnancy, if you are obese, have already had gestational diabetes during a previous pregnancy, or if you had blood sugar levels when fasting of between 100 and 125 mg/dL before or at the start of your pregnancy.



You will have to repeat the test between the 24th and the 28th week if the OGTT you had between the 16th and 18th weeks of pregnancy was normal.



Between the 24th and the 28th week if you are over 35, are overweight, have a family history of diabetes, have a history of foetal macrosomia or gestational diabetes, or if you come from a country where diabetes is very common.

### Three stages of the test

The OGTT does no harm to the baby, and consists of three stages.



Firstly, your blood sugar level will be measured when you are fasting.



You will then be given a glass of water in which 75 grams of glucose have been dissolved.



After one hour and then after two hours, samples will be taken to measure your blood glucose levels.



This test can only be carried out if you have not eaten for at least eight hours, you avoid smoking and remain seated throughout the test.



In the few days before the test, you must not change your eating habits, or eat different amounts of desserts, bread, pasta, sugar and so on.