

KAMM, MCKENZIE OB/GYN
OBSTETRICS • GYNECOLOGY • INFERTILITY
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The 1 Hour Glucose Tolerance Test (GTT or “O’Sullivan”) is a screening test to evaluate for gestational diabetes. This test is performed on every patient between 28 and 30 weeks of pregnancy. Some patients who are at especially high risk for developing gestational diabetes will also be advised to perform an “Early O’Sullivan” at 14-16 weeks of pregnancy. Even if you “pass” the Early O’Sullivan test, you will still need to repeat the 1 Hour Glucose Tolerance Test between 28 and 30 weeks of pregnancy.

Guidelines for 1 Hour Glucose Tolerance Test (GTT or “O’Sullivan”)

- There are no special diet instructions prior to performing your O’Sullivan test. You do not need to fast before drinking the Glucola solution.
- Refrigerate the Glucola and drink the Glucola chilled. Do not freeze the Glucola solution or pour it over ice.
- Drink the whole bottle (10 oz) within a 5-minute time period, approximately 30-45 minutes before your scheduled appointment time.
- Do not eat or drink anything after drinking the Glucola. A sip of water is allowed if absolutely necessary.
- Tell the receptionist at check-in what time you drank the Glucola.
- Your blood work must be drawn between 1 hour and 1 hour 15 minutes after you drank the Glucola solution. If your blood is not drawn within this time frame, you will have to repeat the test.
- If you have had gastric bypass surgery or have not been able to tolerate the Glucola solution, you may be a candidate for a “Jelly Bean” glucose challenge. This alternative is only offered under very special circumstances because it is less accurate than the Glucola solution. You may discuss this with a provider PRIOR TO 26 weeks gestation.