

## Diabetes Services CUMH

Dear \_\_\_\_\_

You are advised to have an **Oral Glucose Tolerance Test (OGTT)** between **24-28 weeks gestation to screen for Gestational Diabetes Mellitus (GDM)**. If you have a history of GDM the screening test will be done at booking and at regular intervals thereafter.

This test may be performed in the Outpatients Department in CUMH **by appointment only between 07.45am and 09.00am Monday to Friday and will take 2-3hrs to complete**. The RapiLOSE solution will be provided. Ring 021- 4920757/ 021- 4920558/ 021-4920847 to book or book at clinic visit.

**You may also have the test at your GP practice or Private rooms. Please bring the RapiLOSE solution** with you as it will be not provided. This will need to be ordered from the pharmacy a few days prior to your test.

### The OGTT test involves:

Eating your normal diet prior to the test.

**Fasting from 10 pm** the night before the test. (Nothing to eat or drink except sips of water).

A fasting blood sample is taken. (Plus routine FBC, HbA1c, TFTs, LFTs and Vitamin D)

You will then drink the **RapiLOSE Solution 300mls over 5-10 Minutes**.

You should sit quietly for the duration of the test, remain fasting and should not smoke.

A diagnosis of GDM is made when one or more values are **met or exceeded**.

**HbA1c of 39mmol/L or an OGTT result of -**

#### 5.2.2 Diagnosis of gestational diabetes

A diagnosis of gestational diabetes is made when one or more values are met or exceeded<sup>60</sup>.

Diagnosis of GDM with 75g OGTT60	
Fasting	5.1mmol/L
1 hour	10.0mmol/L
2 hour	8.5mmol/L

**Your GP/ private rooms can refer a GDM diagnosis to the Diabetes Team in CUMH on 086 7872434.** Please access the CUMH website [Diabetes and Pregnancy page](#) for up-to-date information. Access to the Guidelines for the Management of Pre-Gestational and GDM from Pre- conception to the postnatal period is available at [www.hse.ie](http://www.hse.ie)