



Supporting our Smokefree Trust

In order to look after the health of our staff, patients and visitors, we ask you politely not to smoke while you are on the hospital grounds.

If you would like support and advice to quit smoking, our Pharmacy shop on the main corridor can help you with further information, so just pop along and have a chat with a Pharmacy stop smoking advisor.

Alternatively, the following Advice and Services are available to you:

Stockport Stop Smoking Service, ABL Health
stockportwellness@ablhealth.co.uk | **0161 870 6492**
For confidential stop smoking advice and support.

NHS Choices & National Smokefree Helpline
www.nhs.uk/live-well/quit-smoking | **0300 123 1044**

Stop Smoking Midwife
Contact our Hospital Switchboard on **0161 483 1010**
and ask for the Stop Smoking Midwife

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|  | Grazed knee. Sore throat. Cough. Stock your medicine cabinet. | Self-care |
|  | Unwell? Unsure? GP surgery closed? Need help? | NHS 111 |
|  | Diarrhoea. Runny nose. Painful cough. Headache. | Pharmacy |
|  | Vomiting. Ear pain. Stomach ache. Back ache. | GP surgery |
|  | Choking. Chest pain. Blacking out. Blood loss. | Stepping Hill Hospital A&E or 999 Emergencies only |

If you require the leaflet in large print, another language, an audio tape or braille, Please contact:

Patient and Customer Services

Tel: 0161 419 5678 Email: PCS@stockport.nhs.uk

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WHAT IS A GLUCOSE TOLERANCE TEST?

ANTENATAL CLINIC

Patient Information Leaflet

WHAT IS A GLUCOSE TOLERANCE TEST (GTT)?

You have been asked to attend the Antenatal Clinic for a glucose tolerance test (GTT). This involves two blood samples being taken over a two hour period which will tell us how quickly your body copes with the digestion of sugar.

WHY DO YOU NEED A GTT?

Hormones produced in pregnancy have the effect of raising blood glucose levels, mostly our bodies adjust to this but a small number of women will need regular monitoring to ensure the levels of blood glucose stay within normal limits. The reason that you have been asked for a test will be explained to you by the Midwife.

WHERE WILL I HAVE THE TEST?

The test will be arranged for the morning and you will be asked to attend the Antenatal Clinic and **remain within the clinic for the duration of the test.**

The telephone number of the unit is at the end of this leaflet. Do not hesitate to contact the Midwife in charge if you have any queries about the test.

WHAT WILL HAPPEN?

We ask you not to eat or drink anything other than water from 10.00 pm on the evening before you attend for the test.

A blood sample will be taken when you arrive.

You will then be given a sugary drink with a measured amount of glucose in it.

Please stay seated throughout the test in the antenatal clinic.

After 2 hours, a blood test is taken.

Before you leave the hospital it may be better if you have something to eat and drink.

WHAT ABOUT THE RESULTS?

The results of the blood tests will indicate how quickly your body has digested the sugar drink we gave you.

The Diabetes Specialist Midwife will receive your blood results and will decide whether you need to be referred for further tests. If you do, the Midwife will get in contact with you. Otherwise the results of the test will be available for your next antenatal appointment.

INSTRUCTIONS

If you are due to take any medications in the morning, please discuss this with your midwife prior to your test.

Nothing to eat or drink except water from 10.00 pm of the evening before the test. **Please do not even chew gum or suck sweets.**

- Please attend the Antenatal Clinic

At:

On:

If you have any queries, please phone the ANC using the contact details to the right.

CONTACT US

Contact our Hospital Switchboard on:

0161 483 1010

And ask for:

The Antenatal Clinic

Keep up to date

Find information on our website at
www.stockport.nhs.uk



Follow our news on **Facebook, Twitter, Instagram** and **YouTube** all **@StockportNHS**

Become a member to hear about our special events, such as health talks and tours – [join via our website](#)

CATCH IT



Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

BIN IT



Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.

KILL IT



Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.