

葡萄糖耐量试验

Glucose Tolerance Test

A glucose tolerance test measures your body's response to sugar (glucose).

This test can be used to check for high blood sugar caused by type 2 diabetes. A version of the test is also used to check for gestational diabetes (a type that develops during pregnancy).

Checking for Type 2 Diabetes (not during pregnancy)

Before Test

- You will need to fast, so you are not able to eat or drink anything except for water for at least 8 hours before the test.
- Do not smoke the morning of the test.
- If you are to take your medicines the morning of the test, take them with sips of water only.

During Test

- A sample of your blood is taken with a needle.
- You are given a sweet soda to drink. Drink it all as directed.
- Do not eat or drink anything except water until the end of the test.
- Another blood sample will be taken each hour for the length of the test.

After Test

- You may eat and drink again.
- Test results are sent to your doctor. Your doctor will share the results with you.

葡萄糖耐量试验的目的是衡量您身体对糖（葡萄糖）的反应。

此试验可用于检查 2 型糖尿病引起的高血糖。此试验还可用于检查妊娠期糖尿病（在怀孕期间发生的糖尿病）。

检查 2 型糖尿病 (非妊娠期)

检查前

- 检查前保持空腹至少 8 个小时，期间请勿进食或饮水。
- 检查当天上午不要吸烟。
- 如果检查当天早上需要吃药，则只可喝几小口水来送药。

检查期间

- 检查将用针头抽取血样。
- 护士会请您饮一杯甜苏打水。按照指示饮用完。
- 检查结束之前，除了喝水之外，不要吃喝任何东西。
- 检查期间每隔 1 个小时抽一次血。

检查之后

- 可以重新进食、喝水。
- 检查结果会发送给您的医生。医生会告知您检查结果。

Checking for Gestational Diabetes During Pregnancy

Before Test

- You do not need to fast for this test.

During Test

- You will be given a sweet soda to drink.
- Do not drink or eat anything for 1 hour after the soda.
- After 1 hour, you will have a finger stick to get a drop of your blood to check your blood sugar level.

After Test

- If your level is high, more testing may be needed.

If you do not feel well at anytime, tell the staff right away.

Talk to your doctor or nurse if you have any questions or concerns.

孕期检查妊娠期糖尿病

检查前

- 此检查无需禁食。

检查期间

- 您需要喝下一杯甜苏打水。
- 之后 1 小时内请勿进食或饮水。
- 1 小时后将通过手指针刺取一滴血，检查血糖水平。

检查之后

- 如果您的血糖水平很高，可能需要进一步检查。

任何时候感觉不适，要立即告诉工作人员。

如果您有任何疑问或疑虑，请咨询您的医生或护士。