

GTT (Glucose Tolerance Test)

A GTT checks for diabetes. The test checks how your body uses glucose (sugar). This test is often done during pregnancy. Your doctor has ordered a

- One hour test
- Three hour test
- Four hour test
- Five hour test

Arrive on time for your test.

To Prepare

- Do not eat, drink or chew anything for at least 8 hours before your test.
- Do not smoke the morning of the test.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.

During the Test

- Your blood sample is taken with a needle.
- You are given Glucola to drink. It is very sweet. Drink it all.
- Do not eat or drink anything except water until the end of the test.
- Your blood is taken each hour for the length of the test. Return to the lab a few minutes before each blood sample.
- If you **do not feel well** at anytime, tell the staff right away.

After the Test

- You may eat and drink again.

Baaritaanka GTT (Glucose Tolerance Test)

GTT-du waxay baartaa sokorowga. Waxaa baaritaanku eegaa sida uu jirkaagu guluukoosta (sokorta) u isticmaalayo. Waxaa inta badan baaritaankan la sameeyaa xilliga uurka la leeyahay.

Dhakhtarkaagu wuxuu amray

- Baaritaan hal saac ah
- Baaritaan saddex saac ah
- Baaritan afar saac ah
- Baaritaan shan saac ah

Waqtigeeada u imow baaritaankaaga.

U diyaar-garowga

- Ha cunin, cabin, calalin waxba ugu yaraan 8 saacadood oo ka horraysa baariddaada.
- Sigaar ha dhuuqin subaxa baaritaanka.
- Takhtarkaaga weydii in aad dawadaada qaadanaysid subaxa baaridda. Haddii uu oggolaado kabbasho biyo ah keliya ku liq.

Inta lagu jiro baarida

- Saamiga dhiigaaga cirbad baa lagu qaadi.
- Waxaa lagu siin Glucola si aad u cabto. Aad bay u macaan tahay. Dhammaanteed cab.
- Ha cunin hana cabin waxba ilaa ay baariddu dhamaato.
- Dhiig ayaa lagaa qaadayaa saacad kasta inta uu baaritaanku socdo, inta ay le'eg tahay baaritaanka waqtigiisa. Ku noqo shaybaarka dhawr daqiiqo ka hor intaan lagaa qaadin saami kasta.
- Haddii **aadan hagaag dareemin** mar kasta, judhiiba, martkiiba u sheeg shaqaalaha.

Baaritaanka ka dib

- Waad cuni, cabbina kartaa mar kale.

GTT (Glucose Tolerance Test). Somali.

- Test results are sent to your doctor. Your doctor will share the results with you.

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

- Natiijooyinka baaritaanka waxaa loo dirayaa takhtarkaaga.
Takhtarkaaga ayaa kaaga warramaya natiijooyinka.

La hadal takhtarkaaga ama kalkaaliyahaaga haddii aad qabtid wax su'aalo ah ama walaacyo ah.

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