

# What to expect after Oral Glucose Tolerance Test (OGTT)



If your blood glucose levels are within the recommended target levels and your result is negative we will not contact you directly. Your community midwife will be able to access your results if you request this. We encourage you to continue to follow healthy eating and lifestyle guidance for the remainder of your pregnancy.

<https://www.nhsinform.scot/ready-steady-baby/pregnancy/looking-after-yourself-and-your-baby/eating-well-in-pregnancy>.

An extra service for women with a Body Mass Index (BMI) of 30 and above is available in Lanarkshire called, 'Healthy Lifestyle in Pregnancy Service' which is run by a dietitian, midwife and physiotherapist. If you want more information about this service, speak to your midwife.

If your blood glucose levels are above the recommended level, you therefore have a positive diagnosis of Gestational Diabetes and you will receive a telephone call from NHS Lanarkshire maternity service informing you of this.

- ❖ A video appointment will be made for you with a Diabetes Specialist Dietitian  
You can access this appointment from this link:  
**<https://nhsattend.vc/nhslanarkshire-diabetes>**
- ❖ At this appointment the Dietitian will discuss healthy eating and lifestyle in more detail.
- ❖ You will be supplied with a blood glucose meter prior to the appointment and shown how to test your blood glucose levels.
- ❖ You will be asked to monitor your own blood glucose results with this meter and record the results. Guidance will be given when and how often to test.
- ❖ Health eating, being as active as possible and monitoring blood glucose are all important aspects to help you manage your diabetes during your pregnancy.

Seven to ten days later you will be seen at the Medical Obstetrics clinic where you will see the diabetes and obstetrics teams who will review your diet and blood glucose results and decide on your care.

Please make a note of any questions that you would like answered when you attend this appointment.

You may find the following links useful meantime until your appointment with the Dietitian and with your participation on all decisions, we will agree a management plan for your ongoing maternity care.

**<https://www.nhs.uk/conditions/gestational-diabetes>**

**<https://www.diabetes.org.uk/diabetes-the-basics/gestational-diabetes>**

**<https://www.mydiabetesmyway.scot.nhs.uk>**

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