

DON'T SUGARCOAT IT: TEST FOR

GESTATIONAL DIABETES

To ensure a healthy pregnancy.

EARLY DETECTION HELPS YOU:

Support Baby's Growth:

Prevent a larger-than-average baby (fetal macrosomia).

Make Delivery Easier:

Lower the chance of complications during childbirth.

Avoid Premie Concerns:

Reduce risks of premature birth or low blood sugar in newborns.

Stay Healthy Too:

Protect yourself from conditions like pre-eclampsia.

WHY SOME SKIP IT (AND WHY YOU SHOULDN'T)

Some skip or cheat the test because they:

- Fear a GDM diagnosis or treatment.
- Aren't aware of the risks.
- Struggle with fasting or dietary rules.

But taking the test helps protect you and your baby.

HOW LONG DOES IT TAKE?

ABOUT
2 hours,
USUALLY
DONE IN THE
MORNING.



THE TEST: QUICK, SIMPLE, ESSENTIAL

What's involved in the OGTT (oral glucose tolerance test)?

Fast like a pro:

8–12 hours, water allowed.

Drink up:

A glucose solution.

Blood tests, three rounds:

Before the glucose drink, one hour after, and two hours after.

Timing:

Between 24–28 weeks, or earlier if you're high-risk.

TALK TO YOUR DOCTOR TODAY!

Unsure about GDM testing? Have concerns about your health or your baby's?
Speak with your healthcare team. Early detection helps ensure a safe and healthy pregnancy for both you and your baby.

In consultation with Dr Pradip Dashraath, Consultant, Division of Maternal Fetal Medicine, Department of Obstetrics & Gynaecology, NUH, and Consultant, NUWoC Women's Clinic, Jurong Medical Centre; and Ms Valerie Teong, Senior Dietitian, NUH.

The Department of Obstetrics & Gynaecology is part of the National University Centre for Women and Children (NUWoC), a national university specialist centre that aims to empower women, children and their families to lead healthier lives.

