

Baaritaanka U dulqaadashada Guluukoosta

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.

Baaritaanka U dulqaadashada Guluukoostu wuxuu cabiraa falcelinta jirkaagu ka bixiyo sonkorta (guluukosta).

Baaritaanka waxaa loo adeegsan karaa in lagu baaro sonkorta badan ee dhiiga ee ka dhalata sonkoroowga nooca 2. Qayb kamid ah baaritaanka ayaa sidoo kale loo adeegsadaa in lagu baaro sonkoroowga uurka (nool ku dhaca haweenka uurka leh).

Baaritaanka Sonkoroowga Nooca 2 aad (maaha kan haweenka uurka leh ku dhaca)

Baaritaanka Ka hor

- Waa inaad cuntada ka soontaa, sidaas awgeed ma awoodid inaad wax cunto ama cabto marka laga reebo biyo muddo 8 saacadood ah kahor baaritaanka.
- Sigaar ha cabin subaxa baaritaanka.
- Haddii ay qasab tahay inaad daawo cunto subaxa baaritaanka, ku cun dhawr kabo oo biyo ah kaliya.

Inta lagu jiro Baaritaanka

- Sanbalka dhiigaaga ayaa lagu qaadayaa cirbad.
- Waxaa lagu siinayaa soodho macaan oo aad cabayso. Kuligeed cab sida lagu sheegay.
- Ha cunin ama cabin wax aan ka ahayn biyo ilaa baaritaanku dhammaado.
- Sanbal kale oo dhiig ayaa lagaa qaadi doonaa saacad kasta mudada baaritaanku socdo.

After Test

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

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.

Baaritaanka Kadib

- Waad cuni kartaa cunto iyo cabitaan.
- Natijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natijada.

Baarista Sonkoroowgaaga Inta Lagu jiro Xiliga Urka**Baaritaanka Ka hor**

- Uma baanid inaad cuntada uga soonto baaristaan.

Inta lagu jiro Baaritaanka

- Waxaa lagu siin doonaa soodho macaan oo aad cabayso.
- Ha cabin ama cunin waxba muddo 1 saac ah kadib markaad soodhada cabto.
- 1 saac kadib, cirbad ayaa farta lagaaga mudayaa si dhibic dhiig ah lagaaga qaado loogana baaro heerka dhiiga sonkorta.

Baaritaanka Kadib

- Haddii heerkaagu sareeyo, baaritaan dheeraad ah ayaa loo baahan karaa.

Haddii aadan dareemin badqab marna, isla markaba u sheeg shaqaalaha.

La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaacyo.