

Diabetes Department Patient Information



Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Glycosuria in Pregnancy

This information leaflet is for pregnant women who have had a positive glucose urine dipstick test.

What does 'glycosuria' mean?

Glycosuria is when glucose (sugar) is found in the urine using a urine dipstick.

What does it mean if glucose is found in urine?

It can often be normal during pregnancy as the kidneys allow more glucose to pass into urine during pregnancy.

However, it could also suggest the possibility of having had undetected diabetes before this pregnancy, so further testing is needed to clarify if this is so. It is important to look for diabetes during pregnancy because if undetected and untreated, it can have significant and serious effects on the growth and wellbeing of the baby.

What happens if glucose is found in my urine?

It depends on how much glucose is found on the urine dipstick. Results can range from negative, 1+, 2+, 3+ or 4+ of glucose in urine which just indicates the amount of glucose in the urine.

Urine test glucose result of 2+ or higher:

- A Glucose Tolerance Test (GTT) is recommended in order to clarify whether you have diabetes
- An appointment will be made for you at Dorset County Hospital Day Assessment Unit (DAU)
- It will need to be a morning when you can come in having fasted. You will need two blood tests two hours apart and will be given a sweet drink after the first blood test. Further details regarding the test will be made available when this is booked.

Urine test glucose result of 1+ or higher:

- You will need a repeat glucose urine test
- This can be done by bringing another urine sample on a different day into the DAU or to your GP surgery to test for glucose in urine again

After the second urine test:

- If the second urine glucose test is 1+ or higher, you will need to have a GTT at the DAU (see page 1)
- If no glucose is found in the urine the second time, you are unlikely to have had undetected diabetes that started before this pregnancy
- Even if all the urine tests are negative for glucose or the GTT does not confirm diabetes, you may still be offered another GTT at 24-28 weeks of pregnancy depending on your risk factors. Your midwife can advise if you require this test. This will be looking for **Gestational Diabetes** which is diabetes that only developed during pregnancy and not before pregnancy started.

If you prefer to do your second urine dip test at your GP surgery:

- Please take this leaflet with you when you take your urine sample in to your GP surgery
- Please show your GP surgery the next section which should explain what is required

Information for GP Surgery:

- This patient requires a urine dipstick test for glucose. We would be grateful for your help with this test
- This is in accordance with recommendations from NICE Guidelines NG3 Diabetes in Pregnancy (2015)
- If the urine dip has 1+ or more, please inform the practice midwife to organise a Glucose Tolerance Test (GTT)

Useful Contacts:

Day Assessment Unit – 01305 255493

Labour Ward – 01305 254252