

User Guide

GTT@home

Glucose Tolerance Test Kit
Read this first.

Please watch our video guide at:
gtt-at-home.com/video

For assistance, please call our help line:
0330 113 0275

View our support information at:
gtt-at-home.com/care

First, download the GTT@home App

You can securely send your GTT@home test data to your midwife using your smartphone.



Note: If you don't have a smartphone, you can send your GTT@home test data to your midwife using the provided pre-paid envelope (see page 20).

There are three ways to download the **GTT@home** app:

1. Scan the QR code below with your smartphone camera (recommended)



2. Open your smartphone's browser and type **gtt-at-home.com/app**
3. Type '**GTT@home**' and hit search in your mobile app store

For assistance, contact
gtt-at-home.com/support

Overview

This test will help your midwife assess how your body uses sugar.

It does this by measuring your blood sugar levels before and after you take a sugar drink.

The test kit contains everything you need to do the test and send a record of your test data back to your midwife for review.

It takes **two hours and fifteen minutes** to complete the test.



Follow this guide.

Note: Remember to fast overnight and do the test on waking.

Eat nothing and drink only water on the morning you do the test.

What you need to do the test:

The Tester

- 1 Wash your hands with warm water. Dry them.
- 2 Pull off protective cover A to switch on.
Remove cap from Pricker. Dispose of cap.
Press Pricker firmly against finger. Dispose of Pricker. Squeeze finger to form a blood drop this size 
Place blood drop as shown until you hear a beep. The results will be sent to the blue data record.
- 3 Drink all of sugar drink provided.
- 4 After you take drink, press SET button. This sets a 2 hour timer.
Best Do not eat, drink or smoke.
When timer sounds press OFF button.
- 5 As before, wash your hands with warm water. Dry them.
- 6 Only open after 2 hours
Pull off protective cover B
Remove cap from an unused Pricker. Dispose of cap.
Press Pricker firmly against a finger. Dispose of Pricker. Squeeze finger to form a blood drop this size 
Place blood drop as shown until you hear a beep. The results will be sent to the blue data record.
- 7 Test is complete when this light flashes.
Now detach this blue Data Record.
Follow the test kit instructions to return the test data.

Finger Prickers

Note: protective tab



Glucose Drink



Important notes

**Remember to fast overnight
before doing the test.**

Do the test immediately on waking.

**Eat nothing and drink only water
on the morning you do the test.**

**It takes approximately 2 hours and
15 minutes to do the test.**

**Do not use a Finger Pricker if the
protective tab has already been
removed.**

**Note: Do not open the Tester pouch
until you do the test.**

Getting ready

1. Find somewhere comfortable to sit with a flat surface.

Note: The kitchen table is ideal.

2. Open the box, it contains:

- A User Guide
- A Tester in a pouch
- 4 Finger Prickers
- 1 Glucose Drink
- 1 Pre-paid envelope



x4

3. You are ready to begin.
4. Take the Tester out of the pouch.

Wash your hands

First, you need to wash your hands.

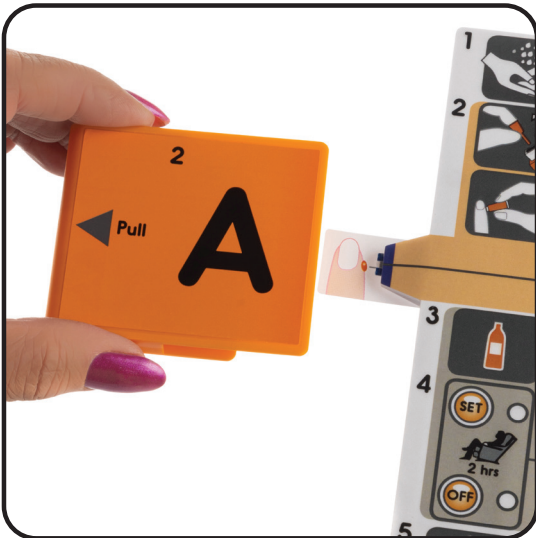
- Your hands must be clean to produce good test results.
- Using warm water will make it easier for you to make a blood drop.
- Make sure you dry them well.



Remove protective cover A to switch on the Tester

Note: Do NOT remove cover B yet.

- Slide off cover A by pulling it as shown.
- The Tester will beep as it switches on.
- You can now do the first blood test.




Prick your finger

- Take a Finger Pricker.
- Twist and then pull off the protective tab.
- Press the Pricker firmly against your finger as shown in the photograph.
- The Pricker will automatically prick your finger.



The first blood test

- After you have pricked your finger,  make a blood drop about this size.
- Gently massage the finger to increase the size of the blood drop.
- Put your blood drop on to the TIP of the Tester as shown.
- The Tester beeps when correctly filled.



Take the Glucose Drink

- Take **all** the Glucose Drink within **10 minutes**.



Set the timer

- Press the **SET** button to start a 2 hour timer before you rest.
- Then rest.
- We suggest you read a book or the paper, watch TV or listen to radio.
- The timer will flash slowly during your rest.
- After **2 hours**, the timer beeps to tell you it's time to do the second blood test.



Turn the timer off

- When the timer beeps, it is time to do your second blood test.
- Turn the timer off by pressing the **OFF** button.
- Now prepare for the second blood test.



Wash your hands

- You need to wash your hands again.
- Your hands must be clean to produce good test results.
- Using warm water will make it easier for you to make a blood drop.
- Make sure you dry them well.



Remove cover B to do the second test

- Slide off cover B by pulling it as shown.
- The Tester will beep.
- You can now do the second blood test.




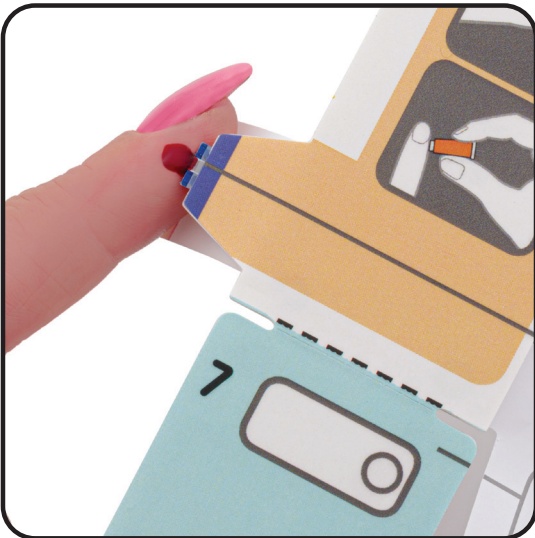
Prick your finger

- Take a Finger Pricker.
- Twist and then pull off the protective tab.
- Press the Pricker firmly against your finger as shown in the photograph.
- The Pricker will automatically prick your finger.



The second blood test

- After you have pricked your finger,  make a blood drop about this size.
- Gently massage the finger to increase the size of the blood drop.
- Put your blood drop on to the TIP of the Tester as shown.
- The Tester beeps when correctly filled.



Snap off the blue Data Record

Note: Wait until the tester beeps and the light on the blue Data Record flashes.

- The test data has now been recorded in the blue Data Record.
- Now you can snap off the blue Data Record.
- Flex the Data Record up and down until it snaps off.



Scan the blue Data Record

- Open your GTT@home App on your smartphone.
- Tap the “I’m ready to scan’ button.
- Slide the blue Data Record against the BACK of your phone, moving it SLOWLY from the top of the phone to the bottom.

NOTE: Make sure the blue Data Record is touching the back of your phone.

- The App will then confirm that your test data has been successfully sent to your midwife.
- Repeat the scan step if prompted to do so by the App.

Returning the blue Data Record by post

- If you are unable to scan the blue Data Record with your smartphone, you can return your test data by post instead.
- Place the blue Data Record in the pre-paid envelope and post it using a Royal Mail post box.
- No stamp is needed – **postage is free.**



Finished – have breakfast!

- After completing the test, eat a light breakfast.
- If returning the blue Data Record by post, put the pre-paid envelope in the post as soon as possible.
- The Finger Prickers, the Tester and its clear pouch can safely be placed in household waste. The other materials are recyclable.



This product is intended for the timed measurement of glucose in capillary blood. **Use immediately after opening The Tester pouch.**

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Product Name: **GTT@home**

REF DIG001



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