

English

LABHOH

Instructions for OGTT



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Instructions for OGTT

Your treating physician or midwife has agreed with you to perform an Oral Glucose Tolerance Test (OGTT). Here you will find more information.

What is an OGTT test?

Several hormones regulate the blood sugar level (also called glucose level), with insulin being the most important. When the blood sugar level rises due to eating or drinking substances containing sugar, insulin ensures that the blood sugar does not rise too much.

Diabetes, or a pre-diabetes, is characterized by the fact that not enough insulin is produced, and therefore the blood sugar level does not sufficiently decrease after eating or drinking. We can investigate this in a standardized way by measuring the glucose level after taking a fixed amount of sugar water.

Preparation at home before the test

It is important that you are fasting for the test. Fasting means that on the day before the test, you should not eat, drink, or smoke after 10:00 PM.

You are allowed to drink water. You may take your medications with water as usual unless your doctor has instructed you to stop your medication before the blood draw.

The test takes approximately 2.5 hours and during the test, you are not allowed to eat, drink, or exert yourself. We advise you to bring something to pass the waiting time and something to eat for after the test.

Pregnant women may sometimes find the test burdensome. During the test, you will have to drink a sweet beverage, which can cause nausea, especially during pregnancy. Unfortunately, this cannot be prevented.



If the nausea leads to vomiting the beverage, the test will be stopped and a new appointment for the test will be made in consultation with you.

During the test

- The test starts with a needle prick on your finger to determine the fasting blood glucose level.
- The glucose is measured on site to assess whether the drink may be administered. You must drink the drink containing 75 g of glucose within 5 minutes.
- 1 hour and 2 hours later, blood will be drawn again by venipuncture to determine the blood glucose level.

Important!

- Report on time for the blood draws. Go directly to the room where the blood collection takes place.
- For a reliable result, it is important that you exert yourself as little as possible during the test and strictly adhere to the 2-hour time span. Therefore, you are not allowed to leave during the test.

After the test

After the last blood draw, the test is completed. You may then eat and drink as you normally would. Do you want to know more about the test?

The results of the test will be reported to your physician or midwife. Your healthcare provider will discuss these with you.

