



Oral Glucose Tolerance Test (OGTT)

Informative sheet

The exam is only performed after direct reservation at the CUP

The duration of the entire exam is around three hours.

- In the three days before the exam, follow your usual diet and keep your usual level of physical activity.
- Avoid any stressful situation.
- In the beginning, a basal blood sample and a simultaneous individuation of the initial glucose value with the appropriate instruments are performed. *The exam is carried through only if the basal glucose value is lower or identical to 140 mg/dl.*
- Oral administration of 75gr of glucose in water solution to be drunk within 5-10 minutes (*it is advised to drink it in continuous but small sips in order to avoid gag reflexes*).
- After 60 and 120 minutes from the glucose assumption, two other blood samples are taken. *This is the standard test, but the number and frequency of the sample taking may vary, depending on the type of OGTT needed.*
- During this period of time, the patient is requested to stay calm and to sit in the provided room, avoiding the assumption of drinks (only a small quantity of water is allowed); the patient must also not eat, smoke and walk away from the place.

N.B.:

the glucose solution may cause some nausea, so a glass of water can be provided upon request; in case of vomit, the exam must be suspended.

During the performance of the test, our personnel will be available for any kind of information or need.

Translation by Davide Campari