

ORAL GLUCOSE TOLERANCE TEST (OGTT)

Procedure no.: BIO-IPAS-004

Version: 002

Status: Active

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1.0 General instructions

1.1 Your participation is essential to the success of this test. Failure to follow the instructions below could produce misleading results, requiring you to repeat the test.

1.2 Before the test, you must:

1.2.1 Obtain a prescription from your physician.

1.2.2 Present this prescription to your pharmacist to obtain a glucose solution bottle containing 75 g of glucose (dextrose).

1.2.3 Do not change your regular diet in the days leading up to the test (do not follow a hypocaloric diet).

1.3 The morning of the test, you must:

1.3.1 Have been fasting for more than 10 hours.

1.3.2 Go to the test centre.

1.3.3 Bring the glucose solution bottle with you.

2.0 Sample collection:

2.1 It is very important that:

2.1.1 **You remain seated for the duration of the test.**

2.1.2 **You do not smoke.**

2.2 What happens during the test?

2.2.1 **For pregnant women** (to diagnose gestational diabetes)

- A blood test will be done before the glucose solution is ingested.
- You will drink your glucose solution.
- A blood test will be done 1 hour and 2 hours after ingesting the glucose solution.

2.2.2 **For others** (to diagnose diabetes)

- A blood test will be done before ingesting the glucose solution.
- You will drink your glucose solution.
- A blood test will be done 2 hours after ingesting the glucose solution.

3.0 For more information

Contact the laboratory reception at 450-759-8222, ext. 2606

4.0 Person(s) in charge

Dr. John Westerlund, MD
Biochemist 2014-10-07