

SAMPLE MATERIAL: BLOOD ORAL GLUCOSE TOLERANCE TEST (OGTT)

The Oral Glucose Tolerance Test (OGTT) is a method which can help to:

- diagnose instances of diabetes mellitus: the patient's fasting blood glucose level will be first measured. The patient will be then asked to take a glucose drink and further blood samples will be taken after 2 hours.
- diagnose gestational diabetes in pregnant women: 3 blood samples will be taken (fasting value, at 1 hour and at 2 hours after taking a glucose drink)

Samples Collection

- On the day of the examination no food or liquids other than water must be consumed from at least 6 hours before the test.
- Check the opening hours of your chosen laboratory analysis center
- Register at the counters at the Administrative Reception desk
- Go to the collection point for blood sampling:
 - a first blood sample is taken to measure fasting blood glucose level.
 - the patient will be then asked to take a glucose drink composed of water and 75gr of sugar
 - after 2 hours, a further blood sample will be taken.
 - If the test is used to diagnose gestational diabetes in pregnant women, a third blood sample will be taken after another 1 hour.
 - NOTE: Patients will be asked not to eat, drink or walk up to 2 hours after they take the glucose drink. Patients are allowed to move or stand up only when the blood sample is taken. In case of sudden illness (nausea, vomit, dizziness etc.), patients must immediately alert the health care staff. It's strictly forbidden to leave the collection room between blood tests.

For further information call the Laboratory on +39 0331 476212