

Oral Glucose Tolerance Test (50 grams)



Make sure you have a valid hospital card and prescription.

Purpose of the Test

Your doctor has prescribed this test, which screens for gestational diabetes between the 24th and 28th weeks of pregnancy.

It involves taking a drink containing 50 grams of glucose and checking your blood sugar levels after an hour.

Before the Test

- ▶ Don't change your eating habits in the three days leading up to the test.
- ▶ If you're taking any medications or vitamins, ask your doctor if you should avoid taking them on the morning of the test as they may affect the results. Note that you can take them once the test is done.
- ▶ If you're allergic to orange or citrus fruits, please let us know when you book your appointment. You'll be given a different sugary solution.
- ▶ You can eat breakfast on the morning of the test.

Taking the Test

Duration: 1 hour

- ▶ The test involves drinking an orange-flavoured glucose solution within five minutes.
- ▶ A venous blood sample will be taken an hour after you drink the solution.
- ▶ Your blood sugar levels will then be measured in the lab.

During the Test

- ▶ Don't eat or drink anything (including water, coffee and gum).
- ▶ Don't smoke.
- ▶ If you feel unwell (nauseous, dizzy) or vomit the glucose solution, please tell the staff immediately. If necessary, the test will be rescheduled for another day.

- ▶ This test must be done at rest. You must remain seated in the waiting room. Since exercise changes how your body processes sugar, you're not allowed to move (including going to another appointment or moving your car). Don't worry, you can still use the restroom.

Results

- ▶ If the test results are conclusive, they'll be sent directly to the doctor who made the request.
- ▶ If the results are inconclusive, we'll call you back to schedule an appointment for another oral glucose tolerance test (75 grams and 2 hours this time).

Appointment date	
Time	
Place	Blood Collection Centre, 1 st Floor, Block 2 at the reception desk
To book, cancel or reschedule your appointment, please go to https://portal3.clicsante.ca or call 514-345-2141, Option 1	

CHU Sainte-Justine
 3175, chemin de la Côte-Sainte-Catherine
 Montréal (Québec) H3T 1C5
 Téléphone: 514 345-4931

chusj.org

Written by
 Vanessa St-Germain, Chief Administrative Assistant

Reviewed by
 Andrée Garant, Technical Coordinator
 Alexandra Lauzier, Laboratory Department Manager

Approved by
 Claude Bourassa, Ph. D., Clinical Biochemistry Department Manager
 and CHU Sainte-Justine Brochures Committee

Printed by
 Imprimerie du CHU Sainte-Justine
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F-7061A GRM: 30012847 (Rev. 06-2023)