

Oral Glucose Tolerance Test (75 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, diabetes or glucose intolerance in various patients (e.g., cystic fibrosis patients, assisted reproduction patients, postpartum patients).
- ▶ It involves taking a drink containing 75 grams of glucose and checking your blood sugar levels after an hour and two hours for pregnancies and after two hours for other clients.
- ▶ This test is also used for women who have already taken a 50-gram test, but with inconclusive results.

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 must have fasted since 11 p.m. the previous day (i.e., at least eight hours before the test).**
- ▶ **While fasting, you must not eat, drink or chew gum. You can still drink water, though.**

Taking the Test

Duration: 2 hours

- ▶ The test involves drinking an orange-flavoured glucose solution within five minutes and checking your blood sugar levels after a while.
- ▶ To diagnose gestational diabetes, three venous blood samples are required. The first is taken before you drink the sugary solution, the second an hour later and the third two hours later.
- ▶ Your blood sugar levels are then 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. Breastfeeding is also allowed, if required.

Results

- ▶ The results will be forwarded directly to the doctor who made the request.
- ▶ For patients taking the postpartum diabetes test, please call 514-345-4931, ext. 2927 or 3392 for your results.

Appointment date	
Time	
Place	Blood Collection Centre, 1 st Floor, Block 2, at the reception desk OR in Room 11 (for pregnancies)
To book, cancel or reschedule your appointment, please go to https://portal3.clicsante.ca or call 514-345-2141, Option 1	

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