



Glucose Tolerance Test

PROCEDURE FOR GLUCOSE TOLERANCE TEST

General:

- 1) The patient should be on a high carbohydrate diet for three days prior to testing.
- 2) The patient must be fasting and remain so during the entire test period.

Procedure:

Standard Oral Glucose Tolerance

- 1) A fasting blood sample is obtained.
- 2) The glucose drink may be chilled or ice chips may be used to make it more palatable. See schedule below for dosage.
- 3) Note the time when the patient finishes drinking the glucose.
- 4) Blood samples are taken following the schedule below. All draws, except the initial draw, are timed from the time the patient finishes drinking the glucose.

Non pregnant adults receive a 75g (7.5 oz) dose with a Blood Glucose level at the following intervals: [0min.] [30min.] [60min.] [90min.] [120min.]

Pregnant women receive a 100g (10 oz) dose with a Blood Glucose level at the following intervals: [0min.] [60min.] [120min.] [180min.]

Children (< 12 years) receive a 1.75 g/kg (max 75g or 7.5 oz) dose with a Blood Glucose level at the following intervals: [0min.] [30min.] [60min.] [90min.] [120min.]