

Oral Glucose Testing

PRECAUTIONS FOR ALL ORAL GLUCOSE TESTING:

1. Oral glucose testing should only be performed by trained healthcare workers, in a laboratory setting, where glucose levels can be monitored during testing. Please schedule all tolerance testing with the laboratory by calling 331-221-4422.
2. Non-gestational patients with fasting plasma levels > 126 will be excused from the glucose challenge. If the tolerance test is for a gestational diagnosis, testing is not necessarily continued to completion once two samples meet the result criteria for diagnosis.
3. After a dose of oral glucose has been administered, patients must be supervised by the phlebotomist. Do not allow oral glucose to be administered before the patient has arrived at the testing location, or if the patient indicates that they cannot stay in the test area for the duration of the test.
4. The ADA suggests that children under 4 years old be tested under the supervision of the physician.
5. The patient will be expected to sit calmly and remain inactive throughout the test period.
6. The patient may not leave the test area until testing is complete.
7. During the test, the patient may not smoke or take anything by mouth (water is allowed after the first hour sample is drawn).
8. If the patient feels ill, vomits or has diarrhea while the test is in progress, the test is discontinued and the physician notified.

PREPARATION FOR ALL ORAL GLUCOSE TESTING:

1. The doctor should advise the patient about discontinuing all hypoglycemic drugs, such as birth control pills, aspirin, diuretics, ethanol and steroids for 24 hours before the test.
2. Testing should not be scheduled while the patient is experiencing any acute illness, hospitalization or other stressful circumstances.
3. Smoking or exercise is not allowed after the evening meal on the day prior to the test until completion of the test.
4. With the exception of the GLU50, testing should be performed the morning after an overnight fast lasting 12-14 hours, and after at least 3 days on an unrestricted diet that includes at least 150 grams of carbohydrates per day.

ORAL GLUCOSE SCREENING AND DIAGNOSTIC TESTS:

Diabetes Mellitus

- GLU – Fasting or non-fasting plasma glucose
1 specimen.
- GL75 – 2 hours post-75 gram load
1 specimen.
- Non-gestational GTT – length of test and glucose
load specified by physician.

Gestational Diabetes

- GLU50 – 1 hour post-50 gram load
1 specimen.
- 2HGTT – 2 hour glucose tolerance test, 75 gm load
3 specimens (fasting, 1 hour, 2 hour).
- 3HGTT – 3 hour glucose tolerance test, 100 gm load
4 specimens (fasting, 1 hour, 2 hour, 3 hour).