

ORAL GLUCOSE TOLERANCE TEST

50 g AND 75 g

ABOUT THE TEST

Your doctor has prescribed this test to assess your glucose tolerance in a standardized way.

50 g test: Prescribed for pregnant women to detect those at risk of developing gestational diabetes.

75 g test: Prescribed for:

- Pregnant women with an inconclusive 50 g glucose tolerance test.
- Mothers who have had gestational diabetes 6 to 12 weeks after giving birth.
- Anyone with a fasting blood-sugar level between 5.6 and 6.9 mmol/L and at least one risk factor for diabetes.

PREPARING FOR THE TEST

- When you book your appointment, tell the health professional if you are allergic to orange-based products.
- Twenty-four hours before the test, stop all diabetes medication, including metformin and other oral hypoglycemic agents. If in doubt, contact your doctor.
- If you are already taking insulin, consult your prescribing doctor to check the pertinence of the test, as it cannot be performed.
- All other medications can be taken before the test.
- For three days before the test, do not restrict your diet, and eat at least 150 g of carbohydrates a day.
- In the event of post-delivery hyperglycemia, breast-feeding is prohibited for the duration of the test. You need to arrange for an alternative.
- A biochemist's authorization is required for children under the age of 4 unless the test was prescribed by a CHUS pediatrician.

THE DAY BEFORE THE TEST

This test is performed in the morning. You must be fasting for 12 hours before the test. Moderate water consumption is permitted.

DAY OF THE TEST

You must have been fasting for 12 hours. This test lasts a minimum of 2 hours and you must observe the following:

- Remain resting.
- Stay in place.
- Refrain from tobacco, food, and beverages (including water) during the test.
- Allow plenty of time for parking.

A blood sample will be taken during the test while your stomach is empty. You will then be asked to drink a juice with a specific glucose concentration. Other samples will be taken at specific times, depending on the test requested by your doctor.

During the test, you may experience fatigue, nausea, or dizziness. Just let the health professional know if you do.

Once the test is over, you should drink water and eat to alleviate any side effects.

IF YOU HAVE ANY QUESTIONS



santeestrie.qc.ca/prelevements



Info-Santé 811
OR
Consult your prescriber