



Ospedale  
di Cremona

Sistema Socio Sanitario



Regione  
Lombardia

ASST Cremona

## COMMUNICATIONS TO THE PATIENT WHO HAS TO PERFORM THE GLUCOSE LOAD CURVE

### **ORAL GLUCOSE TOLERANCE CURVE TEST (OGTT)**

#### **Introduction:**

Before proceeding with the test, a blood glucose test is performed in Point-of-Care-Testing (fingerstick sample) to identify patients with blood sugar concentration levels above 126 mg/dL.

- If the blood glucose level is less than 126 mg/dL, the patient is deemed eligible and can proceed with the test.
- If the blood sugar concentration level is above 126 mg/dL, the glucose load is not administered, but the first baseline sample is taken and the patient returns home to await laboratory data confirmation.
- Once the laboratory result has been received by the healthcare staff, the patient will be notified at home and informed whether he can proceed with the test on a subsequent day or whether he should book a consultation directly with the Diabetes Centre without completing the test.

#### **Procedure:**

The test consists in taking two blood samples, two hours apart. Only for pregnant patients, three samples, one hour apart from each other, are taken.

The first blood sample is followed by the oral administration of a glucose load, requiring the ingestion of 75 grams of glucose provided by the healthcare staff. The glucose bolus must be ingested relatively quickly (5 minutes).

Ingestion may cause discomfort (such as nausea, vomiting, etc.).

Subsequent blood samples must be taken **strictly** at the specified time.

**IT IS STRICTLY PROHIBITED TO LEAVE THE SAMPLE COLLECTION CENTRE AFTER ADMINISTRATION OF THE GLUCOSE LOAD AND WHILE WAITING FOR SUBSEQUENT BLOOD SAMPLES: HEALTHCARE STAFF MUST MONITOR THE PATIENT'S HEALTH STATUS.**

**FURTHERMORE, INGESTING FOOD WHILE WAITING IS STRICTLY PROHIBITED.**