

Ospedale Sacra Famiglia	INFORMATIONS FOR ORAL GLUCOSE TOLERANCE TEST (OGTT)	Cod.:Mod.IO238.03	Rev.0
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PATIENT INSTRUCTIONS FOR Oral Glucose Tolerance Test (OGTT)

Do not eat for at least 12 hours before the exam.

The examination involves a measurement of blood glucose, evaluation of the patient's fitness for examination, sugar intake, and subsequent withdrawal at predetermined time intervals for a total stay at the 2-hour sampling center.

Rules to respect in the days before the test:

- Eat a balanced diet that contains at least 150 grams (g) of carbohydrate per day for 3 days before the test.
- Tell the pick-up staff whether your doctor or a specialist has told you that you have high blood sugar or diabetes
- Do not eat or smoke during the test and stay seated; do not move away from the collection center to stay under health care.