

Instructions for Oral Glucose Tolerance Test (OGTT)

What is an oral glucose tolerance test (OGTT)?

An oral glucose tolerance test (OGTT) is a test used to diagnose diabetes or prediabetes. The test measures your body's ability to handle **glucose** (sugar) after you drink a specific amount of glucose.

What are my instructions for my OGTT?

Before your test:

- Do not eat or drink anything other than water for at least 8 hours before the test.

During your test (at any Michigan Medicine blood draw location):

- Go to any Michigan Medicine blood draw location. You do not need an appointment. All locations are able to do OGTTs. Make sure you arrive at least 2 hours before the lab closes to give you enough time to do the test.
- We will give you a sweet drink (called glucola) containing a specific amount of glucose (75 grams). You have to finish the whole drink within 5 minutes. Please write down the time you finish drinking the glucola below.
 - Do not eat or drink anything except plain water after finishing the glucola until all your blood draws are completed. This includes mints, cough drops, and chewing gum. No smoking is allowed.
- Ask the staff when you should have your next blood draw. You may need another blood draw at both 1 hours and 2 hours, or you may just need the blood draw after 2 hours (depending on what your doctor requested). Please write down the time you should return below. You are allowed to

leave the lab in between blood draws, but you must be back 10-15 minutes before your next draw is due to make sure you stay on schedule.

Write down the following times:

Time baseline (when you finished drinking the glucola):_____

Time of your 1 hour blood draw (ask the staff if this is needed):_____

Time of your 2 hour blood draw:_____

After the test:

- You may go back to your normal diet and activities.
- Your results will show up on the online patient portal (MyUofMHealth.org). Please allow up to 72 hours (3 days) for your doctor to review the results.
- Your healthcare provider will review your results and share any next steps with you.

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Author: Jennifer Iyengar, MD
Reviewers: Jennifer Wyckoff, MD and Jill Fenske, MD on behalf of the Outpatient Diabetes Mellitus Quality Improvement Committee
Edited by: Brittany Batell, MPH MSW

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