

Oral glucose tolerance test

(75 grams)



Your doctor has asked you to have this test. This test is also often called oral hypoglycemia test (75 grams of glucose). This fact sheet describes its purpose, what it involves, and how to prepare for it.

What is this test for?

It is used to confirm the diagnosis of diabetes, gestational diabetes, or glucose intolerance.

What does this test involve?

It consists of measuring the blood sugar concentration after drinking a drink called Glucodex, which tastes sweet and contains 75 grams of glucose. The test requires 2 or 3 blood samples, depending on your case:

- ☐ 2 blood samples
- ☐ 3 blood samples (in cases of pregnancy)

Do I need to be fasting for this test?

Yes. You must not eat or drink anything **for 8 hours** before the test. However, you can continue to drink water.

How do I prepare for this test?

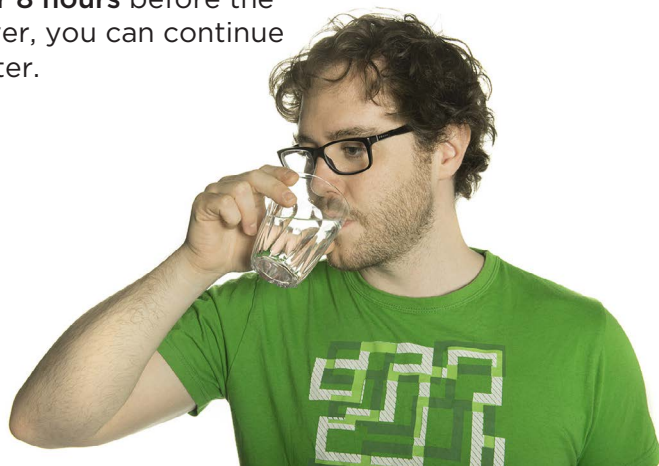
- **During the 3 days** before the test, eat as you usually do. Don't change your habits.
- **Some medications** may distort the test results. If you are taking any medications, ask your doctor if you need to stop taking them before the test. After the test, you can take your medications as usual. Bring them with you to the hospital on the day of the test.

Where do I go for this test?

Go to the CHUM Test Centre. You will first need to make an appointment on Clic-santé.

Important! Make sure to select the correct test (service) that you're coming for.

- 1000 Saint-Denis street, Montréal H2X 0C1



How long does this test take?

It takes about 2 hours and 30 minutes. This is the time required for the drink to be well digested and to take the blood samples. However, allow a little more time in case there is a wait.

How is this test done?

- 1 A blood sample is taken, either from a vein in your arm or a finger prick. This will be used to find out your baseline blood sugar level.
- 2 You are then given the Glucodex drink in a glass. You need to drink it within 5 minutes.
- 3 **If you are having 2 blood tests:** a second blood sample will be taken 2 hours after you finish the drink.
If you are having 3 blood tests: 1 hour after you finish the drink, a second blood sample will be taken. Then you will wait 1 hour for a third blood sample to be taken.
- 4 The tubes of blood will be sent to the laboratory for analysis.

This test is usually well tolerated. If you feel unwell, let us know. Some people have heartburn or vomiting. If you vomit the Glucodex drink, the test will be cancelled. The professional will give you back your prescription and tell you to come back another day.



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Are there any precautions to be taken DURING this test?

- During the 2-hour waiting period, you may not eat, drink, or smoke.
- You must remain seated in the waiting room. Exercise increases sugar metabolism.
- You cannot go to another appointment.
- You can go to the toilet to urinate if needed.
- You can chew sugar-free gum.

When will I get the results?

Your doctor will give you the test results at your next visit.

Reminder: the day of your test, don't forget to bring:

Your valid Quebec health insurance card (check the expiration date).



USEFUL RESOURCES

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our web site chumontreal.qc.ca/fiches-sante

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The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal
chumontreal.qc.ca

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