

PREPARATION FOR THE ORAL GLUCOSE TOLERANCE TEST (oGTT)

Practice stamp:

Your appointment for the oGTT:

A further test* is recommended for all women with gestational diabetes at the time of the routine pregnancy follow-up at 6-12 weeks after giving birth.

* possible methods, at the discretion of the relevant specialist: determination of the fasting blood glucose level (≥ 7.0 mmol/L) and/or an oral tolerance test with 75 g glucose (≥ 11.1 mmol/L after 2 hours) and/or measurement of the Hb1Ac level ($> 6.5\%$). This screening test should be carried out every 1 to 3 years, depending on the risk factors.

Dear Patient,

Your doctor has prescribed an oral glucose tolerance test (oGTT) to obtain more detailed information on your blood sugar metabolism.

The following measures are necessary to ensure that this tolerance test provides accurate and comparable data:

1. Eat normally two days before the test.
2. Do not engage in any strenuous physical activity or sports during these two days.
3. On the morning of the test day, please come to the practice while fasting (do not eat or drink anything except water for 8 hours before the test, no smoking, no chewing gum, no physical exertion).
4. After your fasting blood sugar levels have been measured, you will be given a sugar solution that you should drink slowly during a period of about 5 minutes.
5. Your blood sugar levels will be checked again after one hour and then after two hours.
6. Please stay seated in the waiting room during these two hours. You may wish to bring something to read with you. But you will not be able to go for a walk or run errands. Any significant physical exertion during this time will lead to incorrect results.

We would be happy to answer any questions if you would like to know more about these tests

Your practice team.



DIAGNOSTIC CRITERIA FOR GESTATIONAL DIABETES

For risk groups: screening for pre-existing diabetes

Screening in early pregnancy will be recommended if a woman has one or more of the following risk factors for type 2 diabetes.

- **Obesity (BMI > 30)**
- **Ancestry: not Caucasian and/or immigrant**
- **Positive family history for type 2 diabetes (first-degree relationship)**
- **Positive personal history of gestational diabetes**
- **Polycystic ovary syndrome**

This screening test involves determination of the fasting blood glucose level (≥ 7.0 mmol/L) and/or a blood glucose test 2 hours postprandial (≥ 11.1 mmol/L, twice).

Oral glucose tolerance test (oGTT)

General testing for all pregnant women from the **24th to 28th week of pregnancy with an oGTT**

For risk groups, a test is recommended in the first trimester, and is repeated in the **24th – 28th week of pregnancy if the results are negative.**

Procedure:

Fasting blood sample and measurement of blood glucose

300 ml test solution (75 g anhydrous glucose dissolved in 300 ml water or 300 ml of an equivalent oligosaccharide mixture)

Should be drunk in 3 – 5 minutes

Patient should be seated during the test and should not smoke

Further blood sample after 1 hour with blood glucose measurement

Further blood sample after 2 hours with blood glucose measurement

Recommended levels

Measurement time	mmol/L*
Fasting	≥ 5.1
After 1 hour	≥ 10.0
After 2 hours	≥ 8.5

Gestational diabetes is diagnosed if one of the recommended levels is exceeded.
* Laboratory method (venous blood sample)

Source: Swiss Society for Gynaecology and Obstetrics. Expert Note No. 37, Quality Assurance Committee, President: Prof. Dr. Daniel Surbek, date 1 June 2011.

These informational documents were updated (May 2013) in collaboration with Dr. Raio (Deputy Head Obstetrics, University Hospital Bern).

