

What should you know before taking an Oral Glucose Tolerance Test (OGTT)?

1



Do not eat for 12 hours before the test.

For example, if your test is at 9:00 a.m., do not eat after 9:00 p.m. the previous evening.

Do not smoke.

You may drink water if needed.

2



The first venous blood sample

is taken in the morning before drinking the glucose solution.

3



After the first blood sample is taken, **drink 200 ml of glucose solution** within 3–5 minutes.

4



For the next 2 hours, remain seated and relaxed (you may want to bring a book or magazine).

During this time, do not eat, drink or smoke.

5



Two hours after drinking the glucose solution, a **second venous blood sample** is taken.

Then all you need to do is wait for your test results!