Care Gram

2-hour Glucose Tolerance Test

About the Test
An oral glucose tolerance test (OGTT) can help your doctor make a diagnosis of diabetes. Glucose is the sugar that the body uses for energy. Insulin is a hormone that helps cells change glucose from food into useable energy. Diabetes occurs when the body cannot produce insulin very well.

People with diabetes have high blood glucose levels. People with diabetes can have unstable glucose levels that can result in higher- and lower-than-normal blood glucose levels. Even if someone already had a normal fasting blood glucose test, the doctor may still wish to screen for a pre-diabetic condition. The OGTT can determine if your blood glucose level is normal.

Allowing Time
For a 2-hour glucose tolerance test, plan on being at the Hospital for about 3 1/2 hours.

Preparation
- Do not eat or drink for 8 hours before the test.
- Eat well-balanced meals with extra carbohydrates for 3 days before the test.
- If you are sick or unable to eat well, call your doctor to reschedule the test.
- Ask your doctor if you should continue taking all your medications for the 3 days before your test.

Registration
You must have a doctor's order for this test. Then, you may come for the test anytime Monday through Friday, 7:00 a.m. to 3:30 p.m. Report to the Outpatient Registration area in the Licking Memorial Hospital Main Lobby. After you have registered, you will be directed to the adjacent Outpatient Laboratory.

During the Test
- First, a blood sample will be drawn and tested as a fasting glucose level.
- After testing, the technologist who reviewed the blood sample will notify the phlebotomist to continue the test.
- The phlebotomist will give you a sweet beverage called Glucola to drink over 10 minutes.
- The phlebotomist will tell you the time of your next blood draw. It will be 2 hours from the time that you finished the Glucola. Do not eat or drink anything else until after the test.
- You will need to stay in the Laboratory waiting area. Please tell the phlebotomist if you feel dizzy or have any other problems during this time.
- When the 2 hours are up, another blood sample will be drawn.

After the Test
- When the test is over, you will receive a voucher for a snack in the Hospital Café.
- If you feel dizzy or have other symptoms, you will need to have someone drive you home.

Licking Memorial
Health Systems

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Finding Out the Results
The results of the test will be sent to your doctor that day. You will need to follow up with the doctor who ordered the test to find out the results.

If you have any questions about your test, please call the Clinical Laboratory at (220) 564-4155, between 8:00 a.m. and 5:00 p.m., on weekdays. You can also call your doctor.

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This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.