

 Shared health Soins communs Manitoba	Job Aid for 75g Oral Glucose Tolerance Testing (T2DM and GDM)	Document # JA110-10-17
	Version # 05	
	Approved By: L. Thorlacius <i>(Signature on File)</i>	Effective Date 5 Sept 2024
		Source Document: 110-10-17 and 110-10-18

75 Gram Oral Glucose Tolerance Testing

Adult or Child >42 kg (93 lbs) body weight

LIS code	Test
GTT2	75g Oral Glucose Tolerance Test (OGTT) – Diagnosis of Prediabetes and Type 2 Diabetes (non-pregnant)
GTTP	75g Oral Glucose Tolerance Test (OGTT) – Gestational DM, 2 nd tier test (pregnant)

Please refer to Shared Health Documents # 110-10-17 and 110-10-18 for a full description of these tests and their procedures. Each collection site must retain SOP F110-10-17A record.

1.0 Patient preparation

- Patients should be healthy and ambulatory.
- **Adult patients should have fasted for 8 – 16 h.** Fasting means nothing to eat or drink, except water.
- **If prior appointment is required**, but patient arrives without it, and staff is unable to accommodate the request, the patient should be directed to call the phone centre to book an appointment.

2.0 Glucose drink preparation for adults and children >42 kg (93 lbs)

Adult: Glucose drink is supplied as a 75 g dose in 300 mL and full dose should be given to adult.

Note: For children <18 y.o. **and** <42 kg weight who require adjusted dose, consult SOP 110-10-17 *75g Oral Glucose Tolerance Test (OGTT) for Diagnosis of Prediabetes and Diabetes*, and associated OGTT Calculator for Pediatric Patients JA100-10-17B

3.0 Testing procedure

- 1) Confirm patient identity following standard procedures as per Phlebotomy Collection Manual (Shared Health document # 100-10-79).
- 2) Pre-register patient requisition for GTTP or GTT2 with a separate lab ID# from any other blood work required.
- 3) Collect a venous sample. Label “fasting” and send to the lab immediately. Fill in the form F110-10-17A.
- 4) Administer appropriate glucose dose.
- 5) Instruct patient to consume within 5 minutes.
 - **Note:** Notify physician/nursing staff and discontinue the test if patient is unable to drink entire contents or should they become sick. Do not proceed to collect blood sample. Cancel the test using **REJS** and add comment: “*Patient got sick, test is cancelled.*”
- 6) **Time “0” is when the patient has finished consuming the entire drink.** Update form F110-10-17A
- 7) Instruct patient not to smoke, eat, or drink caffeinated beverages and to refrain from any physical activity over the next 2 hours. Patient must **remain seated** and rest for the duration of the test.
- 8) Instruct patient to report for post drink blood sample draws as follows and scheduled in SOP F110-10-17A. Advise patient that delay in blood collection by 10 minutes or more will result in cancelled test.
 - GTT2 – collect venous blood sample 2h post after time “0”
 - GTTP – collect venous samples at 1h and 2 h after time “0”
- 9) If *Collected* sample time exceeds *Scheduled* time by more than 10 minutes, cancel the test using **REJS** and add comment: “*Specimen collected outside of acceptable time window (±10 min) for timed collection.*”
- 10) Forward collected samples to the laboratory immediately.

Note: All collected plasma samples must be sent to the lab immediately to be centrifuged and analyzed. Delay (>30 minutes) causes decrease in glucose levels and potentially missed diagnosis of diabetes.