

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

## 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)
GTPP	75g Oral Glucose Tolerance Test (OGTT) – Gestational DM, 2 <sup>nd</sup> 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 GTPP 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”
  - GTPP – 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.