

A microscopic view of red blood cells, showing their characteristic biconcave disc shape and reddish color, set against a background of fine, fibrous structures.

METHOD OF COLLECTION

ORAL GLUCOSE TOLERANCE TEST



IMPORTANT

IF YOU HAVE DIFFERENT TYPES OF SAMPLES TO TAKE, THE BLOOD SAMPLE SHOULD ALWAYS BE TAKEN LAST.

MATERIAL

To perform this sampling, we provide you with:

- 1 bottle of glucose solution (50g or 75g)



IMPORTANT

The oral glucose tolerance test can take between 1 and 4 hours (depending on the doctor's prescription). Make sure the center's opening hours allow time for the test.

CONDITIONS FOR PERFORMING THE TEST

- It is essential to fast for 8 hours before the test.
 - (except for water).
- **Your glycosuria test must be negative. The testing center will perform a test on a urine sample using a test strip. This preventative test will allow the procedure to be stopped before the glucose solution is ingested, should the result be positive. This information must be communicated to the doctor. (except during pregnancy)**

Your doctor will tell you if taking medication before the test can affect the results.



OUR RECOMMENDATIONS DURING THE TEST

- No drinking, eating, or smoking.
- Remain seated if possible.
- Going to the toilet is permitted.

Do not hesitate to report any discomfort.

If vomiting occurs within half an hour, the test will be interrupted and postponed.

THE OGTT TEST, AS RECOMMENDED BY THE DOCTOR

- The first blood sample is taken while fasting.
- A glucose solution (75g) is ingested in less than five minutes.
- **Three samples (0', 60' and 120') or five consecutive samples (0', 30', 60', 90' and 120') are taken.**

Additional samples may be requested at 180' and 240'.

THE OGTT TEST AND PREGNANCY, AS RECOMMENDED BY THE DOCTOR:

- According to the recommendations of the GGOLFB (Group of French-speaking gynecologists and obstetricians of Belgium):

Early screening (<24 weeks):

- Blood glucose at 0' and 60' after taking a 50g glucose solution

Standard screening (>24 weeks):

- Pregnancy triangle: blood glucose levels at 0', 60' and 120' after taking a 75g glucose solution