



"Ospedale Sant'Anna di Como"  
Presidio di San Fermo della Battaglia

Sistema Socio Sanitario



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Lombardia  
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CURVA GLICEMICA – Inglese

## ORAL GLUCOSE TOLERANCE TEST (OGTT)

The Oral Glucose Tolerance Test (OGTT) is a method which can help to:

- diagnose instances of diabetes mellitus: the patient's fasting blood glucose level will be first measured. The patient will be then asked to take a glucose drink and further blood samples will be taken after 2 hours.
- diagnose gestational diabetes in pregnant women: 3 blood samples will be taken (fasting value, at 1 hour and at 2 hours after taking a glucose drink).

### HOW IS THE TEST PERFORMED?

A first blood sample is taken to measure fasting blood glucose level.

The patient will be then asked to take a glucose drink composed of water and 75gr of sugar.

After 2 hours, a further blood sample will be taken.

If the test is used to diagnose gestational diabetes in pregnant women, a third blood sample will be taken after another 1 hour.

NB. The patient will be asked not to eat, drink or walk up to 2 hours after they take the drink. Patients are allowed to move or stand up only when the blood sample is taken.

In case of sudden illness (nausea, vomit, dizziness etc.), the patient must immediately alert the health care staff.

In no case shall the patient leave the room between blood tests.

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