

Patient information

OGT (Oral glucose tolerance test)

Dear patient,

to run the OGT (oral glucose tolerance test) correctly, please notice the following:

Medication:

Before the test you shouldn't take any medication, unless your doctor told you otherwise,

From 3 days before the test

Please eat like you are used to. Don't do any diets or do extreme kinds of sport.

The day before the test (about 6 p.m)

- Please don't eat anything after 8 p.m and until 10 p.m, please only drink water.
- Please don't smoke or drink alcohol
- Please don't come to the doctors office by bike and don't walk long ways the day before

The day of the test

- Time: Please plan about 2 hours, if necessary 4 hours, for the test
- For pregnant woman: Please bring your maternity records (Mutterpass).
- Please go to our reception first to register
- Please come to the test **fasting** (no chewing gums, no bonbons, no medication, no smoking)
- No drinks (if you're really thirsty half a glas of water is allowed)
- Please **bring something to eat, to drink and your medication**. You can take these after the test.
- On this day you should avoid extreme body activities.
- **Dont leave the doctors office during the test! Not even to smoke**
- **Please tell us if you had a bariatric surgery (e.g. gastric sleeve, stomach bypass).**

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Process of the test

- To test your bloodsugar we need to take a blood sample from your vein
- The doctor who is treating you decides about the process of the test and how long it will be proceeded.
- After taking the first fasting blood sugar sample you will get a sugar solution which you should drink. Afterwards your blood sugar will be tested every hour.

After the test

You will talk to the doctor who is treating you

Kontakt

If you have to cancel the appointment, please tell us **48 hour before** the appointment to make a new one.

If you have any question please use the following telephonenumber: **0511-363976**
Or write us an email at **praxis@diabetes-kroepcke.de**

Your diabetes team Diabetes Kröpcke, Rathenastr. 16, 30159 Hannover