

Care Gram

2-Hour Glucose Tolerance Test

About the Test

An oral glucose tolerance test (OGTT) is one type of test that can help your doctor make a diagnosis of diabetes. Glucose is the sugar that the body uses for energy. Insulin is a hormone that helps cells change the glucose from foods into useable energy. Diabetes occurs when the body cannot produce insulin very well.

People with diabetes have high blood glucose levels. Even if someone already had a normal fasting blood glucose test, the doctor may still wish to screen for a pre-diabetic condition. The OGTT can determine if your blood glucose level is normal.

Allowing Time

For a 2-hour glucose tolerance test, plan on being at the Hospital for about 3 ½ hours.

Preparation

- Nothing to eat or drink for 8 hours before the test.
- Eat well for 3 days before the test. Eat well-balanced meals with extra carbohydrates.
- If you are sick or unable to eat well, call your doctor to reschedule the test.
- Also, ask your doctor if you should continue taking all your medications for the 3 days before your test.

Registration

You must have a doctor's order for this test. Then, you may come for the test anytime Monday through Friday, 7:00 a.m. to 3:30 p.m. Report to the Outpatient Registration area in the main lobby of Licking Memorial Hospital. After you have registered, you will be directed to the adjacent Outpatient Laboratory.

During the Test

- First, a blood sample is drawn and tested as a fasting glucose level.
- After testing, the technologist who reviewed the blood sample will notify the phlebotomist to continue the test.
- The phlebotomist will give you a sweet beverage called Glucola to drink over 10 minutes.
- The phlebotomist will tell you the time of your next blood draw. It will be 2 hours from the time you finished the Glucola. Do not eat or drink anything else until after the test.
- You will need to stay in the Laboratory waiting area. Please tell the phlebotomist if you feel dizzy or have any other problems during this time.
- When the 2 hours are up, another blood sample is drawn.



**Licking Memorial
Health Systems**

1320 West Main Street • Newark, OH 43055
(740) 348-4000 • www.LMHealth.org

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After the Test

- When the test is over, you will get a coupon for a snack in the Hospital Café.
- If you feel dizzy or have other symptoms, you will need to have someone drive you home.

Finding Out the Results

The results of the test will be sent to your doctor that day. You will need to follow-up with the doctor who ordered the test to find out the results.

If you have any questions about your test, please call the Clinical Laboratory at (740) 348-4155, between 8:00 a.m. and 5:00 p.m., on weekdays. You can also call your doctor.