

PATIENT INFORMATION

Oral Glucose Tolerance Test* / Oral Lactose Tolerance Test

PREPARATION:

Dear patient!

If you have an oral glucose or lactose tolerance test performed in the Laboratory Dr. Gabriele Greiner – IHR LABOR 1220, please note the following:

- The glucose load test lasts 2 hours, the lactose load test 1 hour.
- Please come to the blood draw fasting. If a urine examination is desired, please hand in the urine sample before the examination.
- **Pre-registration** for the test is **not necessary**.
- During the examination **nothing may be eaten** and - except for sips of water (approx. 250 ml) - **nothing may be drunk!** During this period, **breastfeeding is not allowed** either!
- **You may not leave the laboratory during the examination period!** Otherwise you must sign a declaration! If you leave the laboratory without notice or consultation, the test will be cancelled.
- If you are diabetic and receive medication, please inform our colleagues before the examination.
- If you have communication problems with the German language, please take a person with you, who will accompany you during the examination.
- **Attention:** Children can only be tested when weighing more than 45 kg!

PROCEDURE OF THE EXAMINATION:

1. before you are given glucose or lactose, your urine sample will be tested for sugar. This evaluation determines whether the load test can be carried out.
2. the first venous blood sample is taken.
3. a sugar solution (glucose or lactose) must then be consumed within a maximum period of 5 minutes.

For the **Glucose Tolerance Test** another venous sample is drawn for measurement after 60 minutes (1 hour) and after 120 minutes (2 hours).

For the **Lactose Tolerance Test** another venous sample is drawn for measurement after 30 minutes (1/2 hour) and after 60 minutes (1 hour).

* Note: oral glucose tolerance test = OGTT or blood sugar stress test