

**GLUCOSE TOLERANCE TEST**

<b>Document number</b>	LA-75-WI-050E_02.20
<b>Revision date</b>	2018-Apr-26
<b>Required Specimen Type</b>	<ul style="list-style-type: none"> <li>Blood sample.</li> </ul>
<b>Medical Supplies</b>	<ul style="list-style-type: none"> <li>SST gel tubes (min. 2, max. 5 depending on the requested test)</li> </ul>
<b>General Guidelines</b>	<ol style="list-style-type: none"> <li>All specimens must include a double identification (first and last name of the patient and date of birth or medicare number).</li> <li>The use of gloves is required when handling all biological specimens.</li> <li>A valid requisition must include the following information :           <ul style="list-style-type: none"> <li>First and last name of the patient, date of birth or medicare number and gender.</li> <li>Date and time of specimen collection and signature of collector.</li> <li>Physician's full name, signature and license number (or other qualified prescriber).</li> <li>Any relevant clinical information.</li> <li>Requested tests.</li> </ul> </li> </ol>
<b>Patient Preparation</b>	<ol style="list-style-type: none"> <li>12 hour fasting is required. A minimum of 8 to 10 hour fast is sufficient for pregnant women;</li> <li>The test must be performed while the patient is sitting calmly;</li> <li>It is forbidden to eat or drink throughout the duration of the test (with the exception of the glucose drink);</li> <li>Glucose quantity:           <ul style="list-style-type: none"> <li>Pregnant women : 75 g or 100 g according to physician's request</li> <li>Adults : 75 g</li> <li>Children : 1.75g/kg up to maximum of 75 g</li> </ul> </li> </ol>
<b>Specimen Collection Instructions</b>	<p>The blood samples should be collected according to the following time intervals:</p> <p><b>Note:</b> - A capillary blood glucose is strongly recommended before performing this test and before drinking the glucose drink</p> <p>- <b>The blood draw time must be indicated on each tube after each collection.</b></p> <p>Leave the tube in a vertical position for 30 minutes to allow coagulation and then centrifuge for 15 minutes (RCF 1200).</p> <p>- Do not continue with the glucose tolerance test in these case :</p> <ul style="list-style-type: none"> <li>The AC glucose is <math>\geq 7,0</math> mmol/L.</li> <li>A non-pregnant individual with a random glucose of <math>\geq 11,0</math> mmol/L.</li> <li>A pregnant patient with a random glucose of <math>\geq 10,3</math> mmol/L.</li> </ul> <ol style="list-style-type: none"> <li>0 hour before the glucose drink;</li> <li>0.5 hour after the glucose drink. This interval should be avoided for pregnant women;</li> <li>1 hour after the glucose drink;</li> <li>2 hours after the glucose drink. This sample ends the 2 hour glucose tolerance test;</li> <li>3 hours after the glucose drink. This sample ends the 3 hour glucose tolerance test;</li> <li>4 hours after the glucose drink. This sample ends the 4 hour glucose tolerance test;</li> <li>5 hours after the glucose drink. This sample ends the 5 hour glucose tolerance test.</li> </ol>
<b>Additional Information</b>	N/A
<b>Specimen Conservation and Stability</b>	<ul style="list-style-type: none"> <li>24 hours centrifuged at room temperature</li> <li>72 hours refrigerated</li> </ul>