

## Preparation guide for an oral glucose tolerance test

Dear Patient,

You are scheduled for a blood glucose tolerance test (oral glucose tolerance test).

In order for this test to provide meaningful results, the following points should be observed:

- You should follow a normal diet for the previous 3 days (i.e., consume between 150 and 200g of carbohydrates daily. Suitable foods include: jam sandwiches, pasta, potato, or rice dishes with little fat or meat, vegetables, and salads as desired).
- During these 3 days, please avoid heavy physical labor and do not engage in sports.
- The intake of interfering medications should be avoided during the previous 3 days (if possible). Please do not stop any medication on your own and consult your treating physician!
- The test should be carried out in the morning after having fasted for 10 to a maximum of 16 hours.
- During the test, you should remain seated or lying down.
- No smoking during or before the test.

On the morning of the test day, your fasting blood sugar will be determined. Afterward, you will receive a sugar solution, which you should drink within 10 minutes.

Blood sugar measurements will be repeated after one and two hours. During the 2 hours, please stay in the waiting room. Walking or running errands during this time is not possible. Any significant physical activity during this period may distort the results.

If you have any questions, please feel free to ask for further information.