

**INFORMATION FOR THE PATIENT**

## **ORAL GLUCOSE TOLERANCE TEST (glycemic and insulin curve)**

The oral glucose tolerance test consists in measuring blood glucose and/or insulin before and after oral administration of a certain amount of glucose. It allows to assess how the concentration of glucose (and of insulin, when combined with insulin dosing) changes in the blood after the intake of a known dose of this substance; hence, it allows to assess whether the body has a normal or impaired glucose metabolism.

In order to perform the test, you should know that:

- ⇒ fever and trauma can interfere with glucose absorption and utilisation;
- ⇒ all drugs that either reduce or increase glucose tolerance may influence the test result; the following substances reduce tolerance: thiazide diuretics, corticosteroids, oral contraceptives, caffeine, indomethacin, diphenylhydantoin, nicotine, chlorpromazine - these, instead, increase tolerance: alcohol, propranolol, sulphonamides, salicylates, MAO inhibitors, insulin, oral antidiabetics;
- ⇒ before performing the test, you should inform the physicians of any current **therapies** and **illnesses**;
- ⇒ the **glucose-based medicinal product** used to perform the test contains an excipient, parahydroxybenzoate, which may cause allergic reactions in persons sensitive to the substance.

### **INSTRUCTIONS FOR PERFORMING THE ORAL GLUCOSE TOLERANCE TEST**

Show up on the appointed day before 08:00 am with the doctor's prescription correctly stating the number of points on the curve to be checked and, if it differs from the standard pattern, the amount of glucose to be taken.

Come after fasting for at least 8 hours, but no more than 14 hours. The test envisages:

- finger-prick sampling to assess the patient's suitability for the glucose tolerance test. If the patient is suitable, initial baseline sampling can be performed.
- the intake of glucose and subsequent blood glucose samplings at set times, which for a normal glycemic/insulin curve takes a total of 3 hours.

Rules to be observed in the days leading up to the test:

- during the three days before the test, follow a free diet including at least 150 grams of carbohydrates a day, and carry out normal physical exercise;
- inform personnel conducting the test if you are aware that you are diabetic or have high blood sugar;
- neither eat nor smoke while the glucose tolerance test is being performed, and do not leave the Sample Collection Centre. You will be required to seat and rest for a while, under the supervision of healthcare personnel.

## STATEMENT OF HAVING READ THE INFORMATION SHEET ON THE ORAL GLUCOSE TOLERANCE TEST

I, the undersigned, \_\_\_\_\_ declare that I have read the information sheet on the oral glucose tolerance test.

DATE \_\_\_\_\_

Signature \_\_\_\_\_