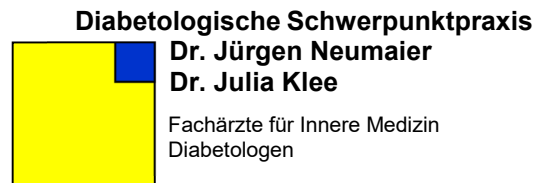


# Patient information for glucose tolerance test (oGTT)



Dear patient,

you should have a glucose tolerance test. We adhere to the guidelines of the German Diabetes Society. The aim is to determine whether you have a blood sugar metabolism disorder (diabetes mellitus).

The following must be observed for this:

- Eat a high-carbohydrate diet 3 days before the test, i.e. eat pasta, potatoes, rice or bread as before
- Don't change your usual habits of sweets, cakes, and exercise
- Do not consume any food or sweetened drinks after 10 p.m. the day before, only water may be drunk.
- Do not drink alcohol in the 3 days before the test
- Many medications can falsify the result of the test, e.g. hormones, cortisone preparations, thyroid medication and asthma medication. Therefore, if possible, only take all medication after the test. If in doubt, please contact us
- If you have taken cortisone within the last 7 days or have been injected with cortisone, please let us know, as this can significantly falsify the test result.
- Do not smoke 14 hours before the test and until the end of the test
- You may want to bring something to read with you as the test lasts approximately 2.5 hours
- For women: Please schedule the test date 3 days after your menstrual period

## Testexecution:

First, blood will be drawn from you to measure your fasting blood sugar. Blood is always drawn from the vein. You will then be given a sugary drink, which you should drink within 5 minutes. Blood sugar is measured again after 60 minutes and again after 120 minutes. During this time you are not allowed to move, not leave the practice and generally not eat or drink anything else. Discussing the measured values takes place after consultation.