

GLUCOSE TOLERANCE TEST

Document number	LA-75-WI-050E_02.40
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Required Specimen Type	Blood sample.
Medical Supplies	SST gel tubes (min. 2, max. 5 depending on the requested test)
General Guidelines	<ol style="list-style-type: none"> 1) All specimens must include a double identification (first and last name of the patient and date of birth or medicare number). 2) The use of gloves is required when handling all biological specimens. 3) A valid requisition must include the following information : <ul style="list-style-type: none"> • First and last name of the patient, date of birth or medicare number and sex. • Date and time of specimen collection and signature of collector. • Physician’s full name, signature and license number (or other qualified prescriber). • Any relevant clinical information. • Requested tests.
Patient Preparation	<ol style="list-style-type: none"> 1) 12 hour fasting is required. A minimum of 8 to 10 hour fast is sufficient for pregnant women; 2) The test must be performed while the patient is sitting calmly; 3) It is forbidden to eat or drink throughout the duration of the test (with the exception of the glucose drink); 4) Glucose quantity: <ul style="list-style-type: none"> ▪ Pregnant women : 75 g or 100 g according to physician’s request ▪ Adults : 75 g ▪ Children : 1.75g/kg up to maximum of 75 g
Specimen Collection Instructions	<p>The blood samples should be collected according to the following time intervals:</p> <ol style="list-style-type: none"> 1) 0 hour before the glucose drink; 2) 0.5 hour after the glucose drink. This interval should be avoided for pregnant women; 3) 1 hour after the glucose drink; 4) 2 hours after the glucose drink. This sample ends the 2 hours glucose tolerance test; 5) 3 hours after the glucose drink. This sample ends the 3 hours glucose tolerance test; 6) 4 hours after the glucose drink. This sample ends the 4 hours glucose tolerance test; 7) 5 hours after the glucose drink. This sample ends the 5 hours glucose tolerance test. <p>Notes:</p> <ul style="list-style-type: none"> – A capillary blood glucose is strongly recommended before performing this test and before drinking the glucose drink – The blood draw time must be indicated on each tube after each collection. – Leave the tube in a vertical position for 30 minutes to allow coagulation and then centrifuge for 15 minutes (RCF 1200). – Do not continue with the glucose tolerance test in these case : <ul style="list-style-type: none"> ○ The AC glucose is $\geq 7,0$ mmol/L. ○ A non-pregnant individual with a random glucose of $\geq 11,0$ mmol/L. ○ A pregnant individual with a random glucose of $\geq 10,3$ mmol/L.
Additional Information	N/A
Specimen Conservation and Stability	<ul style="list-style-type: none"> • 8 hours centrifuged at room temperature • 72 hours refrigerated