

Oral Glucose Tolerance Test (OGTT)

The Oral Glucose Tolerance Test (OGTT) is a diagnostic test used to assess how your body regulates glucose (sugar) levels over time. It is commonly used to diagnose diabetes mellitus (DM).

It is important to ensure good quality of specimen collected for OGTT test and accurate results. Improper collection of specimen may affect accuracy of test result.

Before the test:

- You can maintain your usual lifestyle, e.g. eating habits and activity level. There is no need to restrict your meals.
- You are required to fast, ie. no food or drink (except plain water) for 8 to 10 hours before your appointment time.



- Inform your doctor and seek advice if you should take your usual medications before the test.
- This test should not be done if you are not feeling well or experiencing new changes in your life, e.g. taking new medications, undergoing stress, having recent surgery or injury.
- You will be given a morning appointment between 8am and 9am.
- Please avoid vigorous physical exercise on the morning of the test.

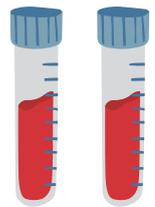
During the test:

- The test will take approximately 3 hours to complete. You are advised to bring along reading material to help to pass the time as you are required to remain rested in the clinic.
- During the test, you must refrain from:
 1. Smoking
 2. Eating
 3. Drinking (except for small amounts of plain water)

Test procedure:

2 blood specimens are drawn over 2 hours:

1. First blood specimen is drawn (0 min).
2. A standard glucose drink is given.
3. Second blood specimen is drawn 2 hours later (120 min).



Carrying out the procedure as instructed ensures accuracy of results that leads to accurate diagnostic and therapeutic decisions.

Source: https://www.healthhub.sg/sites/assets/Assets/Programs/nccp/docs/Screen_for_Life_Booklet_2017-EN.pdf

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of March 2024 and subject to revision without prior notice.



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