

Instructions for performing oGTT

Dear Sir/Madam,

Your attending physician has prescribed fasting and post-glucose load blood test for you. It is important that you follow all the instructions below for this test. The test takes approximately 2.5 hours.

The test procedure:

First a venous blood sample will be taken (some departments collect capillary blood sample from finger and then venous blood sample).

If the blood glucose level meets the required criteria, the test will continue.

You will be asked to drink a sweet beverage containing a defined amount (75 g) of glucose (in the following text referred to as "the beverage"). The beverage must be consumed within 5-10 minutes.

For the following two hours, you must remain physically at rest, do not eat, drink, smoke or chew gum.

Do not leave the waiting area during the test period.

Two hours after drinking the beverage, a second venous blood sample will be taken (for pregnant women, an additional venous blood sample is taken one hour after consuming the beverage).

Information about risks, complications, and possible limitations:

After drinking the beverage, you may rarely experience nausea, vomiting, or diarrhea. In case of any problems, immediately inform the medical staff.

We recommend staying in the waiting room for an additional hour after the test due to the possible risk of collapse caused by a drop in blood sugar levels. It is recommended to bring a snack, which you can eat after your last blood draw.

The drink contains citric acid; if you are allergic, inform the medical staff at the beginning of testing.

If you have epilepsy, inform the medical staff at the beginning of testing.

I have been informed about the risks associated with the test.

I have read and fully understood the text above.

In on time

Patient:

(name, surname, date of birth, signature)

Legal representative/guardian:

(name, surname, date of birth, address, signature)