Oral Glucose Tolerance Test (OGTT)

The oral glucose tolerance test (OGTT) is used to evaluate abnormal fasting blood glucose levels that are not able to clearly indicate diabetes. The test takes 2 hours to complete and involves having patients drink 75 grams of glucose and then having glucose samples taken at baseline, 30, 60, and 120 minutes. The test should be performed on ambulatory patients after fasting 8 to 12 hours. Various factors can influence the test results, such as caffeine and smoking. The patient’s diet 3 days before the test should include 150-300 grams of carbohydrate with intake of at least 1500 cal/day.

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Used for Diabetes Screening
Dyed-bead-pancreas and Screen-door
The oral glucose tolerance test (OGTT) is used to evaluate abnormal fasting blood glucose for diagnosis of diabetes mellitus.

Fasting State
Fasting with empty-plate
Patients should be in a fasting state (having no food or drink except water for at least 10 hours), prior to the test. This ensures that the blood sugars are not falsely elevated during the test.

Samples Drawn

Baseline
Base-line
Before the test begins, a blood sample will be taken to assess baseline values. Typically, the baseline is a fasting blood glucose.

Normal < 100 mg/dL
Less-than (100) Dollar-bill
Normal values at baseline should be less than 100 mg/dL.

30 and 60 Minutes
(30) DIrty and 60-min-reporter
Blood samples will be taken 30 minutes after glucose ingestion, and again at 60 minutes.

Normal < 200 mg/dL
Less-than (2) Tutu (100) Dollar-bills
Normal values 30 and 60 minutes after glucose ingestion are below 200 mg/dL.

120 Minutes
120 minute-timer
The last set of glucose samples are drawn 120 minutes (2 hours) after baseline.

Normal < 140 mg/dL
Less-than (100) Dollar-bill and (40) oz
Levels greater than 140 mg/dL indicate impaired glucose tolerance, with values greater than 200 mg/mL at the 120 minute mark are diagnostic for diabetes mellitus.

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