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Prévenir
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Centre intégré
de santé
et de services sociaux
du Bas-Saint-Laurent

Québec 

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OPTI-DE-014 v3

User Instructions

Induced Oral Hyperglycemia

Department of Laboratory Medicine

OPTI-DE-014

Your doctor has requested that you take an induced oral hyperglycemia test.

This blood test is used to confirm a suspected diagnosis of type 1 or type 2 diabetes (increased blood sugar levels). It is also recommended for diagnosing gestational diabetes in the second trimester of pregnancy.

This brochure explains how the test works and how to prepare for it.

Québec 

Procedure for induced oral hyperglycemia

INSTRUCTIONS TO FOLLOW BEFORE THE APPOINTMENT

- Do not eat or drink for at least 8 hours (you can still drink water).
- The test takes around 2 hours and 30 minutes. However, allow a little extra time in case you have to wait.

INSTRUCTIONS TO FOLLOW DURING THE TEST

- During the 2-hour waiting period, you must not eat, drink (except water), smoke or chew gum.
- You must remain seated (at rest, not standing or walking) in the waiting room.
- You cannot go to another appointment.
- You can go to the toilet if you need to.

IMPORTANT

- The test is usually well tolerated. Let the staff know if you feel unwell.
- Some people experience nausea or vomiting. If you vomit during the test, it will be cancelled.
- The professional will give you back your prescription and ask you to come back another day.

PREGNANT WOMEN (PREGNANCY)

1. A capillary blood glucose test and a blood sample will be taken before you drink the glucose solution.
2. You will then be given a glass of glucose drink, which you must drink in less than 5 minutes. Water will be provided as needed.
3. A blood sample will be taken 1 hour and 2 hours after drinking the glucose solution.

ADULTS AND CHILDREN

1. A capillary blood glucose test and a blood sample will be taken before you drink the glucose solution.
2. You will then be given a glass of glucose drink, which you must drink in less than 5 minutes. Water will be provided as needed.
3. A blood sample will be taken 2 hours after drinking the glucose solution.