

Policy #:	808 (PLH-808-05)	Effective Date:	9/30/2004	Reviewed Date:	8/1/2016
Subject:	GLUCOSE TOLERANCE TEST				
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GLUCOSE TOLERANCE TEST

1. Use order entry to order Glucose Tolerance Test (GTT). If computer system is down, send completed laboratory request form to the laboratory the day prior to the test.
2. Keep patient NPO after midnight except for small sips of water.
3. Collect a fasting blood specimen for glucose prior to 07:00 on the day of the test. This is considered the first specimen and is done at this time to avoid worsening an already existing hyperglycemic condition. Properly identify specimen and label as Fasting GTT. Send to laboratory immediately for analysis. Wait on fasting result before administering Oral Glucose Dose (75 gram, adjusted as appropriate for children).
4. **Blood specimens are drawn in the following order according to schedule given to nursing by laboratory personnel.** (Scheduled time is from time laboratory personnel administers test dosage, which is done at the time the fasting blood glucose is obtained)
 - Collect 2nd specimen at end of (2) hours.
5. Identify and label all specimens indicating hour and time of collection and send specimen(s) to the laboratory.
6. Resume patient's diet after all blood specimen(s) have been collected.
7. Record procedure, disposition of specimen(s) and any pertinent information concerning patient's response to test in the progress notes.
8. Glucose Tolerance (BSS) Blood Sugar 50g Dose for Screening for Gestational Diabetes (1hr)
 - Fasting is not required
 - A small amount of water is permissible during the test
 - Collect sample 1 hr after 50g dose has been administered

9. **Glucose Tolerance Test for Gestational Diabetes – 3 Hour (100 gram dose) performed to confirm abnormal Gestational Blood Sugar Screen (BSS).**
 - Collect 1st specimen as fasting blood glucose.
 - Collect 2nd specimen at end of (1) hour.
 - Collect 3rd specimen at end of (2) hours.
 - Collect 4th specimen at end of (3) hours.

10. Proceed with steps 5-7 to finish Blood Sugar Screen and Gestational Glucose Tolerance Test properly.