Oral Glucose (OGGT) Tolerance Test

Alfred Pathology Service

Patient Instructions

The Alfred
55 Commercial Road,
Melbourne VIC 3004
T 03 9076 2000
alfredhealth.org.au

Please ring your nearest collection center to make an appointment.

The Alfred
Ph: 9076 3576 during business hours to make an appointment for Tue / Thu / Fri only.

Caulfield Hospital
Ph: 9076 6712 during business hours to make an appointment for Tue – Fri only.

Sandringham Hospital
Ph: 9076 1555 on weekdays after 12pm to make an appointment for Mon – Fri.

This is a fasting blood test used to diagnose diabetes. The test comprises of **3 blood collections** over a two hour period (please allow about two and half hours to complete this test.).

**OGGT is performed by appointment only**

**Please note:** For the diagnosis of gestational diabetes mellitus in pregnant women, this test is usually performed between 26-28 weeks, however the ordering Doctor may request this test be performed earlier in the pregnancy.

You are required to remain at the collection centre for the duration of this test (2 hours), as this is a resting test and you will not be able to leave to move your car or walk outside with children.

**Before commencing this fasting test (8 hours prior)**

Do not:
- Eat
- Smoke
- Drink juice, tea, coffee, milk etc (water is allowed)
- Chew chewing gum

You may drink water, and we recommend you have plenty of water for hydration.

**Collection Steps**

1. The first blood test is performed
2. You will consume a 75g glucose drink.
3. Rest for 60 minutes before the second blood test is performed
4. Rest for another 60 minutes before the third and final test is performed

**Water is not to be consumed during the testing period.**

You may use the bathroom during the testing period

Test results will be sent to your GP and/or the clinic you are under.