

## Patient preparation for pregnant woman before an OGTT test

When you are pregnant, your physician will refer you for an oral glucose tolerance test. The duration of the test is 2 hours. Blood will be drawn 3 times from a vein during the test.

Your compliance is very important for the plausibility of the result, so we kindly ask you to follow the instructions:

- ❖ please eat your standard meals 3 days before the test, without changing the type or amount of food or drinks
- ❖ intensive physical activity is forbidden 24 hours before the test, including swimming, working out at a gym or riding a bike
- ❖ please do not eat or drink anything but water from 11 PM on the night before the test
- ❖ please do not smoke or eat any food or drink any beverages but water in the morning on the day of the test
- ❖ please arrive at the laboratory in the morning to get your blood sample drawn
- ❖ afterwards, we will give you a glass of water with dissolved glucose in small sips
- ❖ exactly 60 and 120 minutes after you have consumed glucose, please come to the laboratory for the second and third blood sampling
- ❖ any physical activity, eating, drinking or smoking is forbidden during the test
- ❖ please sit calmly in a waiting room and make sure to come to the laboratory on time
- ❖ after the third blood sampling is performed (120 minutes) you will be allowed to eat or drink.