

Family Education Sheet

Oral Glucose Tolerance Test (OGTT)



Boston Children's Hospital

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This family education sheet explains what to expect during an oral glucose tolerance test (OGTT) to look for glucose intolerance and type 2 diabetes.

Key points:

- Your child will need 2 lab (blood draw) appointments on the day the OGTT test.
- You can schedule these during a morning clinic visit or at a Boston Children's Hospital satellite lab.

What is an OGTT?

The OGTT (oral glucose tolerance test) is a blood test that measures how your body responds to sugar (glucose).

How do I get my child ready for an OGTT?

- It's important to eat and drink normally in the days leading up to the OGTT.
- Your child can't eat, drink or exercise for at least 8 hours before the OGTT. They may drink plain unflavored water.
- Your child can take their usual morning medications and do usual inhalation therapies.
- The OGTT should be done when they're feeling well.

What happens during the test?

- Your child will need appointments on the day the OGTT.
- At the first appointment, a lab technician will take a sample of blood from their arm.
- Right after this blood sample is taken, your child will drink a special glucose liquid (trutol). The amount they drink will depend on their weight.
- Trutol may taste better if it's refrigerated before drinking.
- Your child's care team will tell you how much trutol to drink. Guidelines are in the chart.
- After drinking the glucose, it's important to stay near the lab and to not exercise and eat or drink anything.
- After 2 hours, your child will give another blood sample.
- Then, your child can eat and drink and move around as usual.

Recommended glucose (trutol) doses:

1.75 g glucose/kg (max dose 75 g)

Weight	Grams	ml
43 kg	75 G	Full bottle/296ml
40 kg	70 G	276ml
38kg	66 G	260ml
35kg	61 G	240ml
33kg	57 G	225ml
30kg	52 G	205ml

Will anything affect the results?

Yes. Any of these will affect the results:

- Eating or drinking anything but water before or during the test
- Exercising before or during the test
- Taking steroids
- Being sick at the time of the test

How do I schedule the test?

- Your child's provider will work with you to schedule 2 lab visits. One tests fasting glucose at the start of the test, and one tests glucose 2 hours later.
- The appointments should be in the morning and take 3 hours.

Boston Children's lab scheduling number:

(617) 355-5618

This family education sheet is available in Spanish, Portuguese and Chinese.