Oral Glucose Tolerance Test

What is this test?
An oral glucose (sugar) tolerance test (OGTT) is used to screen for Cystic Fibrosis-Related Diabetes (CFRD) or Impaired Glucose Tolerance (IGT). During the test we measure how your body removes glucose from the blood. First, you will need to fast (see below) overnight. When you get to the lab, your blood will be drawn to measure your fasting blood glucose level. Next, you will drink a liquid that is high in sugar. Over the next 2 to 3 hours, the lab technician will be checking your blood glucose levels.

Why do I need this test?
People with Cystic Fibrosis are at high risk for diabetes. This is due to low levels of Insulin. Insulin is responsible for changing glucose into energy. Insulin is made in the pancreas. Insulin levels are low due to the damage Cystic Fibrosis does to the pancreas. CFRD and IGT are not caused by eating too much sugar or carbohydrate. We screen for CFRD and if we see too much glucose in urine or blood. We ask if you have symptoms of high blood glucose like weight loss, excessive thirst or urination and loss of lung function.

How do I get ready for the test?
- Consume a high carbohydrate diet 3 days prior to test.
- Nothing to eat or drink except water from midnight the night before the test.
- Take all medications with water and do treatments the morning of the test except for ____________________________
- The OGTT (see above) is done when you are feeling well. If you are sick on the day of test then please call and cancel.
- Avoid smoking, chewing gum or exercising, other than light walking, the day before and the morning of the test.
- We recommend you bring something to keep yourself busy during the test and a snack to eat after the test is done.

The date and time of your test is: ____________________________
Please call, to reschedule or cancel: ____________________________
Other Instructions: ____________________________

References: