



Modified Glucose Tolerance Test (MGTT)

There are some things you need to do to prepare for the glucose tolerance test:

- Continue to eat usual diet in the days leading up to the test
- If you are taking medication ask your doctor about it. Some medications, such as Beta – blockers and antidepressants can interfere with the results.
- Abstain from food for at least eight hours before the scheduled test. You may drink water, but avoid other beverages, as these can interfere with the results.
- Avoid going to the bathroom just before the procedure, you may be asked to give urine sample.
- Bring something to read or an activity to keep you busy while you wait
- Carry lunch to eat after test.
- Most women who have low risk factors for developing diabetes will take two-hour test to rule out the condition.

If you have risk factors for gestational or Type 2 Diabetes, you take the three hour test

During the test

- **Time needed**
Two hours for most of the patients. The test can take place in your physician's clinic or in local laboratory. When you arrive, they will take a small sample of blood and a urine sample. After giving a blood sample, you will be asked to drink an extremely sweet and concentrated solution of glucose within a given amount of time. (Usually 5 Min.). After this, you will be asked to sit in the waiting area until your glucose levels will be tested again. If you are taking the 75 GM, or two-hour test, they will take a blood sample every hour for two hours. If you are taking the 100G. Or three hour test, they will take a blood sample every hour for three hours.
- By taking several samples of your blood as your body processes the sugar drink, your healthcare provider will be able to tell how quickly your body can process sugar.
- **After the test**
There are always a slight risk of infection at the needle puncture site (1 in every 1000 patients), so watch for signs of infection, such as redness and swelling around the puncture site, and fever.

Normal Glucose levels are:

- **75 Gram (Two-Hour test):** Fasting less than 92 mg/dl, one hour levels less than 180mg/dl, two hours less than 153 mg/dl.
- **100 Gram test:** Fasting levels less than 95 mg/dl, one hour levels less than 180mg/dl, two hours less than 155 mg/dl, three hours less than 140mg/dl.



Staff Checklist

1. Confirm that the patient is at least 8 hours fasting
2. Check that she is not on medication like Beta blockers, anti-depressants
3. Check fasting Glucose
4. Give 75 GM of Glucose powder in 200ml of drinking water. Patient should drink this over 5 min.
5. Note the time
6. Take one-Hour and two-hour samples
7. Inform the results to the doctor

Urine Sugar	Glucose Levels	Timings
		Fasting
		One Hour
		Two Hour