

Oral Glucose Tolerance Test



What is an Oral Glucose Tolerance Test?

An Oral Glucose Tolerance Test, or OGTT, measures how well your body processes sugar you have eaten.

What do I need to do before the test?

Do not eat for 8 hours the night before your OGTT. Drink plenty of water, but no food or other drinks (coffee, tea, juice, etc.) the morning of your appointment.

How long does it take?

It is a 2 hour test.

What can I expect?

When the research staff puts the needle in your arm, you might feel a small prick or feel dizzy. You might also get a small bruise.

If you like sugar, drinking the sweet drink might be easy for you, but if you don't, it might upset your stomach.