

Glucose Curve (3 or 6 points) - Insulin Curve (5 points)

In the three days preceding the test, follow a regular diet, consuming at least 150 grams of carbohydrates per day (pasta, rice, bread, etc.), and exert normal physical activity.

Medications can be taken, except for antidiabetic drugs.

The test should be performed in the morning, preferably before 9 a.m., after fasting for at least 8 hours

I, the undersigned (surname and name) _____, declare that I have followed the instructions provided in this information sheet.

Date ____ / ____ / ____ Signature _____

INFORMATION NOTE

Before performing the oral glucose tolerance test, it is necessary to determine the blood glucose level using a capillary glucose test.

If the blood glucose level is less than 120 mg/dl, proceed with the baseline blood draw and continue by administering an aqueous glucose solution at the concentrations indicated below.

If the capillary blood glucose values are greater than 120 mg/dl, immediately send the blood sample to the laboratory for plasma glucose determination. If the laboratory result is less than 126 mg/dl, continue the administration of the aqueous glucose solution; if the laboratory result is greater than 126 mg/dl, the test should not be performed.

Sampling procedure

- Perform the first blood sample for the curve (Baseline).
- Have the patient drink the glucose solution and ensure that they consume the entire solution within 5 minutes:
 - **Adults (body weight > 43 kg) and pregnant women:** administer 150 ml of 50% glucose solution (equivalent to 75 grams of glucose).
 - **Children:** administer 1.75 grams of glucose per kilogram of ideal body weight, up to a maximum of 75 grams of glucose. Do not mix water with the glucose solution.
- Do not drink anything for at least 15 minutes after glucose intake; thereafter, until the end of the test, only a moderate amount of water at room temperature may be consumed.
- During the procedure, the subject must remain seated and under the supervision of healthcare personnel and must refrain from eating. The test is not valid if vomiting occurs.
- Proceed with the subsequent blood samples:
 - **For the pregnancy glucose tolerance test (3-point):** At 60 minutes, 120 minutes after the administration of the glucose solution.
 - **For the 6-point glucose tolerance test:** At 30 minutes, 60 minutes, 90 minutes, 120 minutes, and 180 minutes after the administration of the glucose solution.
 - **For the insulin curve:** At 30 minutes, 60 minutes, 90 minutes, and 120 minutes after the administration of the glucose solution.