

## OGTT (Oral Glucose Tolerance Test) 血葡萄糖耐量試驗

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### Preparation and Instruction for Investigation:

1. Patient should be fasting (no food and beverage other than water) at least 12 hours before blood collection.
2. Smoking or alcohol is not permitted before and during the test.
3. Blood samples are collected at two different period of time i.e. fasting & 2 hours after drinking glucose solution.
4. Patient need drink a commercial 75g glucose solution within 5 minutes after fasting blood sample is taken.  
\*Different glucose dose for children
5. During the test period, patient dose not allow to eat and drink (except water).  
He/ She should remain seated/ rest to minimize physical activity.
6. Vomiting or diarrhea may alter test results during the 2-hour test interval. The test is invalid.

### 測試準備及須知:

1. 病人抽血前需禁食(清水除外)最少 12 小時。
2. 檢驗前及檢驗進行時不可吸煙或飲用含酒精飲品。
3. 需抽取兩次血液樣本，抽血時間分別在空腹及飲用葡萄糖水後 2 小時。
4. 空腹抽血後，病人需在 5 分鐘內完成飲用一杯 75 克葡萄糖水。  
\*兒童飲用之葡萄糖份量不同
5. 檢驗期間，病人不可飲食(清水除外)，應盡量減少活動，讓身體保持休息狀態。
6. 檢驗 2 小時期間，嘔吐或腹瀉可能會影響檢驗結果，以致檢驗無效。