

## APPENDIX B: Diagnostic Criteria Using a 2-hour 75-g Oral Glucose Tolerance Test (OGTT) for the Non-Pregnant Population: Proper Preparation and Conditions

### Diagnostic Criteria<sup>1</sup>

- **Diagnosis of diabetes:** FPG  $\geq$  7.0 mmol/L or 2-hr PG  $\geq$  11.1 mmol/L
- **Diagnosis of IGT:** FPG  $<$  6.1 mmol/L and 2-hr PG between 7.8 and 11.0 mmol/L
- **Diagnosis of IFG:** FPG 6.1 to 6.9 mmol/L and 2-hr PG  $<$  7.8 mmol/L
- **Diagnosis of IFG and IGT:** FPG 6.1 to 6.9 mmol/L and 2-hr PG between 7.8 and 11.0 mmol/L

**In the absence of symptomatic hyperglycemia, a repeat confirmatory laboratory test must be done on another day.<sup>1</sup>**

### Proper Preparation for OGTT<sup>2,3,4</sup>

- Schedule the test early in the morning.
- The woman should be advised to eat and drink normally in the days leading up to the test.
  - Do not restrict CHO unnecessarily, as this may negatively influence the test results.
- No food or beverages (other than water) for at least 8 hours prior to the test (up to 12 hours is recommended).
- No smoking or consuming of drinks containing caffeine such as coffee during the 8 to 12 hours prior to the test.
- No strenuous exercise for the 8 hours before the first blood sample.
- Prescription and non-prescription medicines should be reviewed with the physician before the test.

**The test should not be done during illness, as the results may not reflect glucose metabolism when healthy.**

### Conditions<sup>2,3,4</sup>

- Before administering the OGTT, confirm that the proper preparations have been made.
- No eating during the test; however, water may be consumed.
- The drink should be consumed quickly, within 5 minutes.
- No exercise during the test. Sit quietly during the entire test.
- No smoking during the test.
- After OGTT, usual lifestyle can be resumed (food, activity, etc.).

For additional detail, refer to the Screening section of the manual.

### References:

1. Canadian Diabetes Association Clinical Practice Guidelines Expert Committee. Canadian Diabetes Association 2013 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. *Canadian Journal of Diabetes*. 2013;37(suppl 1):S1-212.
2. HealthLinkBC. *Oral Glucose Tolerance Test: Test Overview*. Vancouver, BC: Author; 2013. Available at: [www.healthlinkbc.ca/medicaltests/content.asp?hwid=hw44896](http://www.healthlinkbc.ca/medicaltests/content.asp?hwid=hw44896). Accessed May 2014.
3. American Diabetes Association. Standards of medical care in diabetes – 2010. *Diabetes Care*. 2010;33(suppl 1):S11-S61. Position Statement.
4. National Diabetes Data Group. Classification and diagnosis of diabetes and other categories of glucose intolerance. *Diabetes*. 1979;28:1039-1057.