### 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 Criteria¹

<table>
<thead>
<tr>
<th>Condition</th>
<th>Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnosis of diabetes</td>
<td>FPG ≥ 7.0 mmol/L or 2-hr PG ≥ 11.1 mmol/L</td>
</tr>
<tr>
<td>Diagnosis of IGT</td>
<td>FPG &lt; 6.1 mmol/L and 2-hr PG between 7.8 and 11.0 mmol/L</td>
</tr>
<tr>
<td>Diagnosis of IFG</td>
<td>FPG 6.1 to 6.9 mmol/L and 2-hr PG &lt; 7.8 mmol/L</td>
</tr>
<tr>
<td>Diagnosis of IFG and IGT</td>
<td>FPG 6.1 to 6.9 mmol/L and 2-hr PG between 7.8 and 11.0 mmol/L</td>
</tr>
</tbody>
</table>

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

#### Proper Preparation for OGTT²,³,⁴

- 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.*

#### Conditions²,³,⁴

- 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: