



Detects CFRD and IGT

## Oral Glucose Tolerance Test

### What is an OGTT?

The OGTT is a blood test that measures how your body removes glucose (a kind of sugar) from the blood. Insulin is made in the pancreas and it helps change glucose into energy for your body. People with CF may have trouble making insulin because the pancreas may not work correctly. This could lead to CF-related diabetes (CFRD) or impaired glucose tolerance (IGT). CFRD and IGT are not caused by eating too much sugar or carbohydrates.

An OGTT can diagnose CFRD or IGT. The Cystic Fibrosis Foundation recommends that everyone who has CF and who does not have diabetes get an OGTT every year. At our CF Center we start testing at \_\_\_\_ years old.

### How Do I Get Ready for the Test?

- I call this number to make an appointment for the OGTT: \_\_\_\_\_
- The date and time of my test is: \_\_\_\_\_
- On the day of the test I need to bring my lab slips or be sure the test was ordered through my electronic medical record, and go to: \_\_\_\_\_
- I cannot eat, drink, or exercise hard for at least \_\_\_\_\_ hours before the OGTT. I can drink plain, unflavored water.
- I can take my usual morning medicines and do my usual treatments. But, I need to wait until after the test is completed to take these: \_\_\_\_\_
- The OGTT is done when I am feeling well. If I am sick on the day of the test I need to call: \_\_\_\_\_
- During the test I may drink plain, unflavored water or eat ice but I can't eat or drink anything else.
- I should bring something to keep me busy during the test, like a book or computer.
- I may want to bring along something to eat after the test is finished.
- To find out the results of my OGTT in about \_\_\_\_\_ days, I need to call my CF Center or: \_\_\_\_\_
- Other instructions for me: \_\_\_\_\_



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### Why Should I Care?

If your body is making enough insulin your blood glucose level will be normal. High glucose levels can lead to weight loss, inability to gain weight, or a drop in pulmonary function. Blood sugar levels that stay high for a long time can cause problems in your nerves, eyes, and kidneys.

### What Happens During the Test?

A lab tech or nurse will take a sample of your blood from your arm. If your CF Center has ordered other blood tests, such as those to measure vitamin levels, those tests will be done at this time.

You will drink a sweet liquid called Glucola®. The amount you will drink depends on your weight. Blood samples will be taken at set times after you finish drinking the Glucola®. The results will be sent to your CF Center.

### Will Anything Affect the Test Results?

Yes. These things can affect the test's accuracy: eating or drinking anything but water before or during the test; smoking or exercising before or during the test; taking steroids; or being sick at the time of the test. If in doubt, call your CF Center team and they will let you know what to do.

### What Do the Results Mean?

Your CF Center team will go over the test results with you. If your body needs help to better use blood glucose for energy, your CF Center Team will work with you on a plan that is best for you.

This educational service is brought to you by the manufacturers of MVW Complete Formulation® Multivitamin Pediatric Drops, Chewables and Softgels, addressing both routine dosing and step increases as outlined in the CF Foundation's 2012 Guidelines. The information contained in this card is not meant to replace the medical advice of your CF Healthcare Team. This information meets the guidelines and standards of the Cystic Fibrosis Foundation's Education Committee.



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