

## OGTT (Oral Glucose Tolerance Test), Gestational (懷孕血葡萄糖耐量試驗)

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### Preparation and Instruction for Investigation:

1. Pregnant women should be fasting for 8 hours before blood collection, no food and beverage.
2. Smoking or alcohol is not permitted before and during the test.
3. Blood samples are collected at three different period of time i.e. fasting, 1, and 2 hours after drinking glucose solution.
4. Patient need drink a commercial 75g glucose solution within 5 minutes after fasting blood sample is taken.
5. During the test period, patient dose not allow to eat and drink. 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.
7. Pregnant woman should be tested between the 24th and 28th week of pregnancy or at anytime during pregnancy with risk factors for developing Gestational Diabetes Mellitus.

### 測試準備及須知:

1. 孕婦抽血前需禁飲食最少 8 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. 需抽取三次血液樣本，抽血時間分別在空腹，飲用葡萄糖水後 1 和 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。
5. 檢驗期間，病人不可飲食，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。
7. 孕婦應於 24-28 週進行血葡萄糖耐量試驗。高危孕婦則可於懷孕期的任何時間進行。