This family education sheet explains what to expect during an oral glucose tolerance test (OGTT) to look for glucose intolerance and type 2 diabetes.

**Key points:**
- Your child will need 2 lab (blood draw) appointments on the day the OGTT test.
- You can schedule these during a morning clinic visit or at a Boston Children’s Hospital satellite lab.

**What is an OGTT?**
The OGTT (oral glucose tolerance test) is a blood test that measures how your body responds to sugar (glucose).

**How do I get my child ready for an OGTT?**
- It’s important to eat and drink normally in the days leading up to the OGTT.
- Your child can’t eat, drink or exercise for at least 8 hours before the OGTT. They may drink plain unflavored water.
- Your child can take their usual morning medications and do usual inhalation therapies.
- The OGTT should be done when they’re feeling well.

**What happens during the test?**
- Your child will need appointments on the day the OGTT.
- At the first appointment, a lab technician will take a sample of blood from their arm.
- Right after this blood sample is taken, your child will drink a special glucose liquid (trutol). The amount they drink will depend on their weight.
- Trutol may taste better if it’s refrigerated before drinking.
- Your child’s care team will tell you how much trutol to drink. Guidelines are in the chart.
- After drinking the glucose, it’s important to stay near the lab and to not exercise and eat or drink anything.
- After 2 hours, your child will give another blood sample.
- Then, your child can eat and drink and move around as usual.

### Recommended glucose (trutol) doses:

<table>
<thead>
<tr>
<th>Weight</th>
<th>Grams</th>
<th>ml</th>
</tr>
</thead>
<tbody>
<tr>
<td>43 kg</td>
<td>75 G</td>
<td>Full bottle/296ml</td>
</tr>
<tr>
<td>40 kg</td>
<td>70 G</td>
<td>276ml</td>
</tr>
<tr>
<td>38 kg</td>
<td>66 G</td>
<td>260ml</td>
</tr>
<tr>
<td>35 kg</td>
<td>61 G</td>
<td>240ml</td>
</tr>
<tr>
<td>33 kg</td>
<td>57 G</td>
<td>225ml</td>
</tr>
<tr>
<td>30 kg</td>
<td>52 G</td>
<td>205ml</td>
</tr>
</tbody>
</table>

**Will anything affect the results?**
Yes. Any of these will affect the results:
- Eating or drinking anything but water before or during the test
- Exercising before or during the test
- Taking steroids
- Being sick at the time of the test

**How do I schedule the test?**
- Your child’s provider will work with you to schedule 2 lab visits. One tests fasting glucose at the start of the test, and one tests glucose 2 hours later.
- The appointments should be in the morning and take 3 hours.

**Boston Children’s lab scheduling number:**
(617) 355-5618

*This family education sheet is available in Spanish, Portuguese and Chinese.*