

Medical Practice Protocol for Patient Glucose Tolerance Testing

PRINCIPLE:

The Glucose Tolerance Test (GTT) is a timed procedure to determine a patient's ability to process glucose. It is a more sensitive method than single fasting or post-prandial glucose levels to diagnose diabetes, insulin resistance, and hypoglycemia, especially in pregnant patients.

The following protocol applies to GTT's of two hours or more.

PROTOCOL:

1. The provider orders the GTT (2 or 3 hour) electronically or by paper Lab Requisition.
2. **Patients (Outpatients) are instructed by their Provider or practice staff member to contact the Outpatient Laboratory Services site at 406-752-1737, to schedule Glucose Tolerance Tests.**
 - a) **GTT's are only scheduled with testing start times between 8:00 AM & 10:00 AM, Monday – Friday.** The Laboratory staff will provide the time of the appointment and directions to the specific draw site. GTT's are not available on Saturdays or Sundays.
2. All laboratory tests require an electronic order or an order signed by the ordering provider.
 - a) The office of the ordering physician will provide the patient with a copy of the "*Glucose Tolerance Testing Patient Information*" that instructs the patient to contact the lab to schedule the test procedure, this document explains how to prepare for the test and what to expect during & after the procedure. Staff members of the Medical Practice are encouraged to review this form thoroughly with their patients.
 - b) The patient should review the document with the staff member, ask questions and sign the form. The patient should also bring the signed form to the lab when they arrive for the test procedure appointment.
3. The patient checks in at the **Outpatient Laboratory Service site (Northwest Professional Center building, 75 Claremont Street, Suite D)**.
 - a) The patient is registered at the Lab Draw Site and the Lab staff orders the specific GTT test.
 - b) At the beginning of the procedure the lab reviews the steps of the procedure with the patient, takes the "*Glucose Tolerance Testing Patient Information*" and answers any patient questions. The patient information sheet is scanned into Image Now.
 - c) A fasting Glucose specimen is drawn.
 - i. The Patient cannot eat, smoke or have excessive movement during the procedure.
 - ii. Drink only small amounts of water during the procedure.
 - iii. Inform the lab if ill, nauseated, or lightheaded.

- d) The patient is given the Glucose beverage in accordance with the particular Glucose Tolerance Test (GTT) procedure.
 - i. GTT Diabetes Mellitus (2 hour, 75 grams Glucose beverage)
 - ii. GTT Gestational (3 hour, 100 grams Glucose beverage)(GTT3G)
- 4. The GTT procedure continues and the patient remains in the designated waiting room.
 - a) The Lab draws the patient in accordance with the particular Glucose Tolerance Test.
 - b) All blood is held in The Outpatient Laboratory Services site until the last tube is drawn and then sent to the Main Lab for processing.
 - c) If a patient experiences distress during the procedure, the Lab will contact the patient's health care provider.
 - i. The procedure may be stopped if the provider so orders.
 - ii. If the physician changes or adds orders, new orders will be obtained by having them electronically place an order if the office is interfaced or by using the "*Phone Order Requisition*".
- 5. At the end of the testing procedure, after the last glucose specimen has been drawn
 - a) The patient is advised to eat their snack prior to leaving the Lab Draw Site.