

口服葡萄糖耐受試驗採血須知

Oral Glucose Tolerance Test (OGTT) – Blood Collection Instructions

一、口服葡萄糖耐受試驗 (OGTT) 採血檢查須空腹 8-10 小時，建議抽血檢查前一晚上 11 點過後勿再進食 (必要時，可喝少許白開水，不超過 200 毫升)。

For the Oral Glucose Tolerance Test (OGTT), please fast for 8-10 hours before your blood draw.

It is recommended not to eat anything after 11:00 PM the night before the test. If necessary, you may drink a small amount of plain water—no more than 200 ml.

二、空腹抽血後，將藥局領取的葡萄糖水喝至 7 條半 (75 克)，請於 5 分鐘左右喝完，喝完糖水後不可再吃任何食物、飲料與白開水。

After your fasting blood draw, please drink 7.5 packets (75 grams) of glucose solution obtained from the pharmacy. Please finish drinking within about 5 minutes. After that, do not eat or drink anything, including water, until your next blood draw.

三、喝完糖水後，每隔 1 小時至抽血櫃台抽血，此檢查共要抽 3 次血 (空腹血糖、60 分鐘、120 分鐘)。

After drinking the glucose solution, return to the blood draw counter every hour for blood collection.

This test includes three blood draws: fasting blood (before drinking), at 60 minutes, and at 120 minutes.

※婦科產檢民眾：請至藥局領取 8 條葡萄糖水。

For obstetric check-up patients: Please go to the pharmacy to collect 8 glucose drink packets.

※備註：喝此葡萄糖水時，不可在糖水混合添加任何食物或飲料 (例：氣泡水或其它果汁等)，以免影響檢驗報告之數值。

Do not mix the glucose solution with any food or beverages (e.g. sparkling water or juice), as this may affect your test results.

※若仍有疑問，請電 26723456 轉 7307

If you have any questions, please call 02-26723456#7307