

Pathology and Laboratory Medicine Memorandum

To: All Physicians and Health Service Directors– Central Zone

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Subject: **Change to procedure for the Oral Glucose Tolerance Test (OGTT) in the Central Zone**

Effective June 17, 2019 the procedure for the OGTT will no longer involve waiting for the result of the fasting glucose prior to administration of the 75g glucose drink. This will align Central Zone Laboratories with the current process in the other zones in Nova Scotia.

The rationale for the above is as follows:

1. The decision to do the OGTT test is a clinical one and the responsibility of it lies on the clinician who is expected to follow the most recent Diabetes Canada Guidelines for diagnosing diabetes mellitus, including gestational diabetes (GDM).
2. It is the responsibility of the ordering clinician to ensure that the patient's condition is appropriate for this testing.
3. This change in process will allow the OGTT to be offered at all blood collection sites. The perceived benefit of waiting for the fasting result is outweighed by the potential harm from delay in diagnosis of diabetes mellitus since patients living in peripheral locations may be unable to travel to facilities that currently offer the test.

If you have any queries on the above, please contact Dr. Manal Elnenaei at 902-473-5194.