

*Department of Pathology and Laboratory Medicine memorandum*

To: NSHA Central Zone Physicians, Health Service Managers (Inpatient, Outpatient, and Emergency Dept),  
Nova Scotia Zone Laboratories

From: Dr. Bassam A. Nassar, Chief of Service, Division of Clinical Chemistry  
Dr. Manal Elnenaei, Division of Clinical Chemistry  
Ms Catherine Lambert and Ms Cindy Andrews, Technical Managers, Division of Clinical Chemistry

Date: December 1, 2015

Message: Oral glucose tolerance (OGTT) test for Twin Oaks Memorial, Eastern Shore and Musquodoboit Valley Memorial Hospitals

---

**Commencing January 11, 2016, the 75g Oral glucose tolerance (OGTT) test will be available in the tri-facility laboratories for both pregnant and non-pregnant patients.** The following procedures will be followed for requests at any of these sites:

- Pregnancy 75g OGTT will be performed as indicated in the memo entitled: 'Screening for Gestational Diabetes; Guidelines and changes to laboratory procedures,' dated December 1, 2015.
- If the patient is not pregnant, we request that the previous fasting glucose result **within 3 months prior to attending for the OGTT**, be provided on the request form, including the date of testing. If this is for a post-partum screen, this should be indicated on the form and no previous fasting glucose result will be required.
- **Non-pregnant patients who present for an OGTT without this information written on their request form or whose previous fasting glucose is  $\geq 7.0$  mmol/L will only have a fasting glucose sample drawn and the OGTT will be cancelled.**

**Important notes:**

- **For non-pregnant patients:**
  - Fasting plasma glucose (FPG) is the preferred test to screen for and diagnose diabetes mellitus. A 75g-OGTT is an acceptable alternative, but should not be used routinely for screening.
  - The non-pregnancy 75g OGTT test should **not** be considered if the FPG is  $< 5.6$  mmol/L or  $\geq 7.0$  mmol/L. Refer to the Canadian Diabetes Association (CDA) screening guidelines for more details: <http://guidelines.diabetes.ca/Browse/Chapter4#tbl1>
- **For pregnant women:**
  - For most women, the pregnancy OGTT is done following a 50-g Glucose Challenge Test (GCT) with 1-hr values between 7.8 and 11.0 mmol/L, suggesting the possibility of gestational diabetes mellitus.
- Patients for either form of OGTT must arrive within the first hour of opening times for each of the tri-facility sites, which are as follows, Monday to Friday:
  - **Twin Oaks Memorial Hospital: 7 a.m. - 11 a.m.**
  - **Eastern Shore Memorial Hospital: 7:30 a.m. - 10:30 a.m.**
  - **Musquodoboit Valley Memorial Hospital: 7 a.m. - 11 a.m.**

If you have further questions about this, please contact Dr Elnenaei at 902-473-5194, Dr Nassar at 902-473-2225, Dr Lou at 902-473-1528 or Ms Catherine Lambert at 902-869-6130

CC. Dr. Godfrey Heathcote, Ms. Shauna Thompson, Ms Sandy Schlay and Ms Gail MacLennan.