
Informed Consent to Examination oGTT (oral glucose tolerance test)

Patient's name and surname:

Birthdate:

Dear Mr., dear Mrs.,

your treating physician instructed you to attend an examination of the glucose level in your blood on an empty stomach and after glucose load. We ask you to follow the instructions below. The examination will last about 3 hours. You have to schedule the examination yourself at the phone number that you can find on the website.

Preparation for the examination:

Within 1-3 days before the examination consume regular meals without any sugar restrictions and have standard physical activity. Within 24 hours before the examination avoid all alcoholic beverages. If you are a smoker, do not smoke all morning on the day of the examination. For the examination come after 10-12 without any food. On the day of the examination drink a glass of unsweetened tea or clear water. After consulting with your physician, do not take your usual medicine in the morning before the examination. The examination cannot be done during acute illness or after more serious illness or surgery (the minimum distance is 6 weeks).

During the examination:

We will take a blood sample on an empty stomach and we will determine the level of glucose in it. If it is within established limits you will receive sweet drink, which contains defined level of glucose. The drink has to be drunk within 3-5 minutes and it is necessarily to stay calm for the next 2 hours. During the examination don't eat, drink, smoke or chew and **stay in the waiting room** of the sampling station. After 2 hours the nurse will take another blood sample from you and the examination will be over.

The examination in pregnancy (24th-28th week):

For pregnant women is the examination done upon request of their treating physician and 3 samples of blood are taken (before the examination, 1 hour after finishing the sweet drink and 2 hours after).

The results of the examination will be sent to the treating physician who asked for it.

Warning about possible risks:

- After drinking the sweet drink might occur feeling sick, vomiting or diarrhoea. In any case let know the medical staff. After the examination it is possible to stay in the waiting room for another hour to prevent the possible risk of fainting due to the decrease of the blood sugar level. It is suggested to take a refreshment and eat it after the examination.
- Strict compliance with the guidelines mentioned above is a requirement to attend this examination.

I, signed below patient/patient's legal representative hereby declare, that I was properly and comprehensively informed about processes of the examination and possible risks by the medical staff. I fully understood the explanation, I acknowledge it and I agree with undergoing it. I also confirm providing true information about my health condition and I that I didn't conceal any facts that might have an impact on the examination. I understand all the information that were provided to me and I had an option to ask for additional queries.

Signature:..... Date, time:.....

I declare that I informed the patient/patient's legal representative and provided proper explanation about the process and possible risks and complications of the examination and the patient/patient's legal representative gave an informed consent.

Name and signature (medical staff):..... Date, time:.....