

# Oral Glucose Tolerance Test (OGTT) - Client Report

## Patient Information:

- Name:
- Date of Birth:
- Date of Test:
- Healthcare Practitioner:
- Contact Information:

## Test Protocol:

- Fasting period:
- Glucose Solution:
- Blood Sample Collection Intervals:

## Results:

1. Fasting Blood Glucose Level:
2. Blood Glucose Levels at Intervals:
  - 30 minutes:
  - 60 minutes:
  - 90 minutes:
  - 120 minutes:
3. Additional Notes:

## Interpretation:

- **Normal Range for Fasting Glucose:**
- **Impaired Fasting Glucose (IFG):**
- **Two-Hour Post-Prandial Glucose:**
  - **Normal Range:**
  - **Impaired Glucose Tolerance (IGT):**

- **Diabetes Diagnosis:**
  - **Fasting Glucose  $\geq$  126 mg/dL or 7.0 mmol/L:**
  - **Two-Hour Glucose  $\geq$  200 mg/dL or 11.1 mmol/L:**
- **Gestational Diabetes Diagnosis:**

**Recommendations:**

- **Lifestyle Modifications:**
- **Medical Follow-up:**
- **Patient Education:**

**Notes:**