

Oral Glucose Tolerance Test

Patient's name: Laura Ramirez				
Gender: Female		Date of birth: Jan. 23, 1989		
Weight: 180 lbs		Activity level: Low-moderate		
Blood pressure: 130/85 mmHg		Pregnant? <input checked="" type="radio"/> Yes <input type="radio"/> No		
Medications (please indicate dosage and when last taken):				
Prenatal vitamins – 1 daily, last taken this morning Iron supplement (ferrous sulfate) – 1 daily, last taken this morning Low-dose aspirin – 81 mg, last taken yesterday evening				
Examiner: Michael Yates		Date of test: November 5, 2024		
Test protocol				
The World Health Organization (WHO) prescribes a glucose load containing the equivalent of 75 g of anhydrous glucose dissolved in 250-300 mL of water, taken after 8 hours of fasting, and consumed within a short period of time.				
0 minutes (fasting): 96 mg/dL				
After 1 hour (for pregnant individuals): 186 mg/dL				
After 2 hours: 160 mg/dL				
Reference ranges				
Individual	Range	Fasting	1 hour	2 hours
Nonpregnant	Normal	< 100 mg/dL (5.6 mmol/L)	Not taken	< 140 mg/dL (7.8 mmol/L)
	Prediabetes	100–125 mg/dL (5.6–6.9 mmol/L)	Not taken	140–199 mg/dL (7.8–11.0 mmol/L)
	Diabetes	≥ 126 mg/dL (7.0 mmol/L)	Not taken	≥ 200 mg/dL (11.1 mmol/L)
Pregnant	Normal	< 92 mg/dL (5.1 mmol/L)	< 180 mg/dL (10.0 mmol/L)	< 153 mg/dL (8.5 mmol/L)
	GDM	≥ 92 mg/dL (5.1 mmol/L)	≥ 180 mg/dL (10.0 mmol/L)	≥ 153 mg/dL (8.5 mmol/L)
Additional notes				
Laura's results indicate a high risk for gestational diabetes mellitus (GDM), with elevated blood glucose levels at both 1 hour (186 mg/dL) and 2 hours (160 mg/dL). This warrants closer monitoring and potential interventions to manage blood glucose levels during pregnancy, such as dietary adjustments or possibly medication if necessary.				

American Diabetes Association Professional Practice Committee. (2023). 2. diagnosis and classification of diabetes: Standards of care in diabetes—2024. *Diabetes Care*, 47(Supplement 1), S20–S42. <https://doi.org/10.2337/dc24-s002>