

Zeit für gute Vorsorge ...



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I recommend to you:

a quality-assured insulin and sugar stress test (oral glucose tolerance test = OGTT) with a HEMOCUE® measuring instrument

For the optimal execution of an insulin and sugar stress test, Please note the following:

3 days before the appointment:

- Eat as usual
- Don't diet
- Do not exercise extreme sport

The day before the examination (from 07:00 p.m.)

- Don't eat anything
- Do not drink anything with calories (water, unsweetened tea or coffee are allowed)
- Do not smoke
- No alcohol

Expiration of the sugar stress test

- you come to the practice sober (nothing eaten, nothing drunk, unsweetened tea or coffee are allowed)
- and have brought a snack
- The fasting blood sugar and insulin value are measured
- We check blood sugar and insulin levels 2 x per hour
- No greater physical exertion
- Don't eat or drink

During the sugar stress test

- Stay sober! No food, no drinking!
- No greater physical exertion
- Please plan a stay of 2-3 hours in practice
- During this time the practice should not be abandoned

After the sugar stress test

- Before you leave the practice consume your snack