

Glucose Curve (3 or 6 points)

Insulin Curve (5 points)

In the three days preceding the test, please follow this diet

Follow a diet consuming at least 150 grams of carbohydrates per day (pasta, rice, bread, etc.), and exert normal physical activity.

Continue drug therapies, except antidiabetic ones.

The test should be performed in the morning, preferably before 9 am, after the patient has fasted for at least 8 hours.

The undersigned (name and surname) _____ declare
having followed the instructions in this disclosure

Date ____ / ____ / ____ Signature _____

Before performing the examination of the curve, it is necessary to determine the blood sugar value via capillary blood glucose testing.

If the blood glucose is <120 mg/dl, perform a basal sample and continue administering an aqueous glucose solution at the concentrations indicated below..

If the capillary blood glucose values are > 120 mg/dl, send the draw immediately to the laboratory for the determination of plasma glucose. If the data provided by the laboratory is <126 mg/dl, continue the administration of the aqueous solution of glucose; if the result supplied by the laboratory is >126 mg/dl, the curve should not be performed.

Sampling procedure

- Make the first withdrawal of the curve (Baseline)
- Administer the glucose solution to the patient and check that all the solution is consumed within five minutes:
 - ✓ Adults (body weight > 43 kg) and pregnant: administer **150 ml** of glucose solution at 50% (equivalent to **75 gr.** glucose)
 - ✓ Children: administer 1.75 gr. of glucose per kg of ideal body weight, up to a maximum of 75 gr. glucose. Do not bind water to the glucose solution.
- Do not drink for at least 15 min after glucose intake; then, until the end of the examination, consume only a moderate amount of water at room temperature
- During the procedure, the subject must remain seated and under the control of health personnel, refrain from eating and smoking. The test is not valid if vomiting occurs.
- Proceed with subsequent withdrawals:
 - ✓ for **the curve during pregnancy (3 points)** to 60 ', 120' after administration of the glucose solution
 - ✓ for **the curve at 6 points** 30 ', 60', 90 ', 120' and 180 'after administration of the glucose solution
 - ✓ **for the insulin curve** 30 ', 60', 90 ', 120' after administration of the glucose solution