

SELF-ADMINISTERED ORAL GLUCOSE TOLERANCE TEST (OGTT)

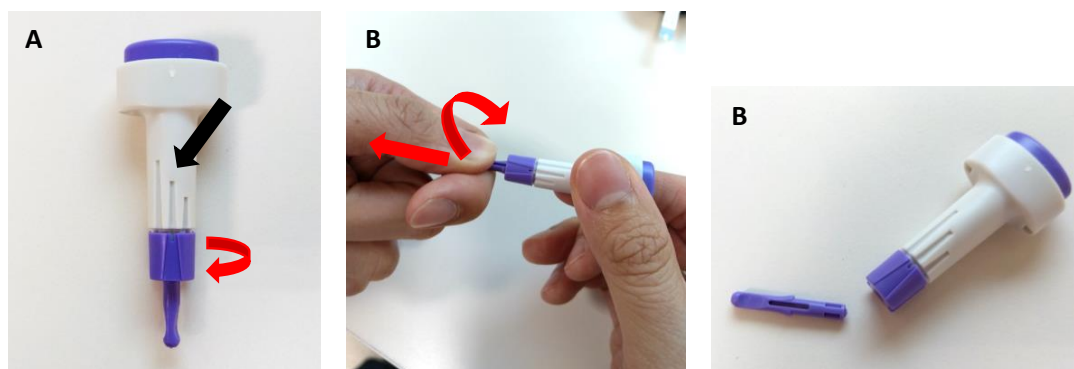
A D.I.Y Guide for Patients

Important: Please use your phone to video yourself performing the entire process.

Step 1: Prepare the lancet (the instrument to prick your finger with).

(A) Turn the purple base to the middle line (see black arrow).

(B) Twist and pull to remove the long cover tip of the lancet.



Step 2: Prepare the glucometer.

Take a glucometer strip from the container and place it partly into the glucometer.



Just before you prick your own finger later, switch on the glucometer & push the strip in fully (i.e., shiny metal surface of the strip no longer visible).

Step 3: Prepare your finger.

Choose either your index, middle, or ring finger of your non-dominant hand.

Wipe the finger with the alcohol swab, and then let it air dry.

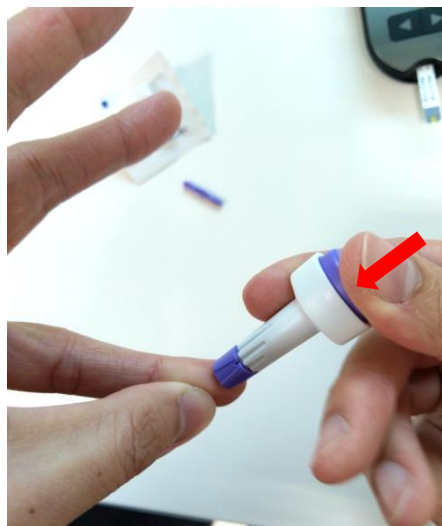


Step 4: Finger prick.

Press the hole of the lancet firmly against the side of your selected fingertip.

Press down on the purple knob of the lancet until you hear a “click” sound

Do NOT squeeze the blood out from your finger

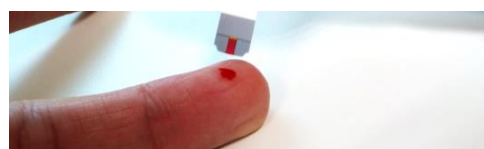
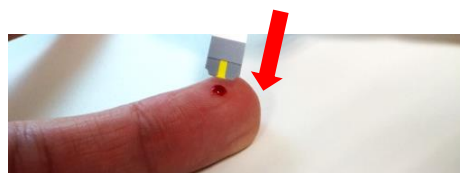
**Step 5: Capillary blood reading.**

Bring the glucometer (strip loaded) towards the blood droplet on your finger.

Gently touch the blood droplet with the tip of the glucometer strip.

Set the glucometer down and wait for the reading to appear.

Please show the reading to the camera, and also write down the reading.



You may stop the video recording here.

Our lab technician would proceed to perform a blood test from your vein at this point.

Step 6: Drink the sugar solution (Trutol 75®) & start the countdown timer for 120 mins.

Ensure that all 300ml of the solution is fully drunk.

Start the countdown timer for 120 minutes.

Step 7: Do not eat/chew, drink or smoke. Only plain water is allowed.

Remain resting within the clinic premises during the test and

Refrain from eating, drinking, or smoking until the whole procedure is completed.

At this point, our research staff will review your video recording with you.

Step 8: After 120 mins, repeat Steps 1 to 5 again. (Please video yourself again.)

Please complete the provided survey.

Our research staff will review your video recording again, collect the completed survey, and pass you the voucher upon successful completion.

Thank you!