

Reminder

Please book your OGTT

Book Test

Call or go online to book your OGTT test. Instructions on reverse.

Bring Requisition

Bring the included requisition form to your appointment.

Relax

Our clinic will contact you if your results require a follow-up.

Dear New Parent,

Our records show that you have not completed your postpartum 2-hour oral glucose tolerance test (OGTT) to assess your blood sugar control after delivery.

We encourage you to book this blood test and complete it within the next month to ensure your blood sugar has returned to an ideal level. **We have included a requisition for this blood test along with this letter.**

Because you experienced gestational diabetes (GDM) your risk of developing type 2 diabetes later in life is significantly higher.

You should be screened for type 2 diabetes:

- Between 6 weeks and 6 months postpartum
- Before a future pregnancy
- At least every 3 years

Take charge of your health by booking and following up on your postpartum testing!

If you have any questions or concerns, please do not hesitate to contact us at the **Jim Pattison Diabetes and Pregnancy Program** at **604-582-4558 extension 763999 or 764100.**

Thank you,

Diabetes and Pregnancy Program staff



Why is this important?

- Prediabetes and type 2 diabetes can be invisible - you can have it without experiencing any symptoms
- Discovering prediabetes early can significantly reduce your risk of developing type 2 diabetes later

Your OGTT Appointment Booking Options

Book through Fraser Health

Book online at <https://www.labonlinebooking.ca>

OR

Call 1-888-442-5227 to book an appointment

Book through LifeLabs

Book online at <https://locations.lifelabs.com/locationfinder>

Note: this will require a free MyCareCompass account