



# Cystic Fibrosis Related Diabetes Mellitus

## Questions?

If you have any questions or concerns, call the CF nurse coordinators at the Adult Cystic Fibrosis Clinic at 206-598-8446.

After hours and on weekends and holidays, call 206-598-6190 and ask for the Pulmonary fellow on call to be paged.

To make an appointment at the Medical Specialties Clinic, call 206-598-4615.

If you need to change your appointment at the lab, call 206-598-6153.

The Cystic Fibrosis Foundation recommends that people who have cystic fibrosis be screened for *cystic fibrosis related diabetes* (CFRD) every year. This screening is done with an *oral glucose tolerance test* (OGTT).

## Why do I need a test for CFRD?

Diagnosing and treating CFRD helps prevent weight loss in patients with cystic fibrosis. Weight loss is linked with a decrease in lung function.

## What will happen during the OGTT?

- The test will take about 3 hours.
- A fasting blood sample will be collected when you arrive.
- Next, you will be asked to drink a liquid form of glucose.
- Your blood glucose will be measured 3 times during the test, 1, 2, and 3 hours after you drink the glucose. Be sure **not** to drink or eat anything else during the 3-hour study.

## How do I schedule an OGTT?

The staff at the Cystic Fibrosis Clinic will help you schedule the OGTT. This test will be done:

- In the blood draw area at the UWMC outpatient lab (206-598-6153)
- In another facility closer to your home
- Other \_\_\_\_\_

## What will happen if CFRD is diagnosed?

Your cystic fibrosis doctor will receive your results. You will most likely be referred to the Diabetes Care Center at University of Washington or to a diabetes specialist of your choice.

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