

# Is oral glucose tolerance test useful in workup for kidney transplantation?

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# Introduction

- KDIGO from 2020 does not recommend oral glucose tolerance test (**OGTT**) as mandatory prior to kidney TX.
- Diabetes is expected to worsen upon immunosuppressive therapy, rendering infections more common and increasing cardiovascular risk.

# Aim

- To explore the role of OGTT in patients undergoing workup for kidney TX.

# Patients and methods

- Historical cohort study included **100 adult patients** (58 % men, median age 52 years, 47 - 59) that underwent kidney TX consecutively in a single TX center.
- At some time point OGTT was introduced into the mandatory examinations set within the workup for kidney TX, thus it was not done in patients that underwent the workup before it.

# Results

- **Diabetes** was basic kidney disease in **8 %** of 100 eligible patients and for another **3 %** diabetes was diagnosed before workup for TX.
- **OGTT** was done in **40** of 89 patients, without previously diagnosed diabetes, after it became mandatory part of the workup in the center.
- In **10** of the 40 patients OGTT showed diabetes (25 %) and glucose intolerance in another 13 (**32.5 %**).

# Results

OGTT (n = 40)		
diabetes	glucose intolerance	normal
10 (25 %)	13 (32.5 %)	17 (42.5 %)

# Conclusion

- OGTT revealed diabetes or glucose intolerance in more than a half of randomly examined patients prior to kidney TX.
- Given the simplicity and low cost of the examination, **OGTT** might be reconsidered to be included in the workup for kidney TX.
- Glycemia in patients with diabetes or glucose intolerance should be more closely monitored after TX and immunosuppression tailored accordingly.