

## Screening for Gestational Diabetes

The screening test for gestational diabetes is routinely performed between 24 and 28 weeks. This test, also known as the glucose challenge test, is a blood test, for which there are very specific instructions.

You will be given a drink called glucola in advance of your appointment. Glucola is very sweet, and may be better drinkable if chilled in advance in the refrigerator. You do not need to be fasting to perform this test, but you may want to avoid particularly sweet food in the two hours before you start the test.

To begin, we recommend you start drinking the glucola 30 minutes prior to your scheduled appointment time. This may occur when you are at home, at work, or en route to our office. When drinking the glucola, please ensure you finish the bottle within 5 minutes (not 5 seconds, that would be difficult!). Please look at your watch when you have finished the glucola and mark the time, as exactly one hour later we would like you to have your blood drawn.

Two important things to remember:

1. **Do not eat or drink anything** during the one hour you are waiting to have your blood drawn. This includes water and ice; please do not add ice to the glucola.
2. **Please let the medical assistants know** what time your blood needs to be drawn. If we are past the one hour mark by more than a few minutes we will ask you to repeat the entire test.

We will also be drawing a cbc, a test to determine your blood count to check for anemia.

If your results are normal, we will **NOT** call you. If your screening result is above the cutoff, you will be contacted to schedule the diagnostic three-hour glucose tolerance test. Most women who have a value above the screening cutoff are **NOT** diabetic, so please don't panic if you get a call from us.