

## GESTATIONAL DIABETES SCREENING INSTRUCTIONS

### **What is the one hour glucola test?**

All pregnant women are screened for their risk of developing gestation diabetes typically between 26-28 weeks. Gestational diabetes is a form of diabetes that occurs during pregnancy and typically resolved after pregnancy. The one hour glucola test is the screening test for gestational diabetes.

### **How do I take the test?**

You **DO NOT** need to fast for this test – just be sure to have a high protein breakfast the morning of your test. When you arrive for your appointment, the front desk staff will give you the glucola drink. You should finish drinking it within 5 minutes. Once you have finished the entire bottle, please inform the front desk staff or the medical assistant immediately so they can document the time that you finished it. Exactly one hour after you finished the drink, our phlebotomist will draw your blood. You should not eat or drink anything between the time you finish the glucola bottle and the time your blood is drawn.

### **What happens if I do not pass my one hour gestational diabetes screening test?**

Our staff will call you to come in for a **FASTING THREE HOUR** glucose tolerance test. You should fast for at least 8 hours prior to arriving to our office. Once you arrive, our phlebotomist will draw your fasting blood work. Then, you will be given a glucola drink to consume within 5 minutes. Once you have finished the entire bottle, please inform the front desk staff or the medical assistant immediately so they can document the time that you finished it. You will have 3 additional hourly blood draws after finishing the glucola drink. You should not eat or drink anything between the time you finish the glucola bottle and the three additional hourly blood draws. After the last blood draw, you may eat and drink as normal. You may want to bring a protein snack with you to eat after your three hour testing has been completed. You may also want to bring something to do (eg, book, laptop, etc) as you wait in the waiting room of our office during the three hour testing.

### **What happens if I do not pass my three hour glucose tolerance test?**

Our staff will call you to inform you that you did not pass the three hour testing. We will refer you to the diabetes center for diabetic counseling and education. They will discuss with you how to best manage your blood sugars for the remainder of the pregnancy. You will also receive instructions on how to check your finger stick glucose levels 4 times per day and how to log the results. You should **ALWAYS** bring your log book with you to all of your subsequent prenatal visits with us.