



About Gestational Diabetes and Testing

Gestational diabetes is a condition that occurs when sugar is not being used properly and therefore builds up in your bloodstream. Since food and energy are transferred to your baby through your blood, the abnormalities and your metabolism affect your infant metabolism.

Gestational diabetes affects up to 10% of pregnancies, making it the most common medical complication of pregnancy today. Fortunately, the diagnosis can be made before you or your baby become ill.

Generally this does not occur until the middle of pregnancy when it can be detected by a routine lab test, between 24-28 weeks gestation. Once detected, it is important to normalize your blood sugar so that your baby is not affected. About 98% of all women with gestational diabetes will no longer have diabetes once their baby is born.

Women with a family history of diabetes or who are overweight have a greater chance of acquiring gestational diabetes, although it can occur in women with no risk factors. Gestational diabetes can recur with each subsequent pregnancy. Type II diabetes, commonly called adult-onset diabetes, develops later in life in 60% of women who have had gestational diabetes and/or who are overweight

How We Test for Gestational Diabetes

- You will be given a bottle containing 50 grams of glucose in a flavored drink. It does not need to be refrigerated, but may taste better cold.
- Drink the glucose approximately 30 minutes prior to your appointment. Try to complete drinking it within a 5-10 minute period.
- DO NOT eat or drink anything 1-2 hours before drinking the glucola or after drinking the glucola until your blood is drawn.
- You may eat your normal diet on the day of the test, but try to avoid eating or drinking anything sweet or dairy (milk, cheese, fruit, granola, etc.)
- Please note the time that you complete drinking your glucose and inform our front office staff upon arriving for your appointment. We draw your blood exactly one hour after completion.

Please note: If you have an abnormal test result greater or equal than 135, you will be called and may be required to follow up with a 3-hour glucose tolerance test on another day.