

Fertility & Midwifery Care Center



1 HR GLUCOSE TOLERANCE TEST IN PREGNANCY

Glucola drink will be sent home with you the appointment before the lab test will be done

Chill in refrigerator for improved taste if desired

Eat primarily protein foods the day of the test, no simple carbs (no cereal, juice, smoothies, french fries, potato chips, sweetened beverages, etc.)

Nothing except water (no coffee - even black, no diet drinks, no gum, and no smoking) for 2 hours before time to drink glucola

Drink glucola 30 min. before you are scheduled to arrive for appt as lab is drawn 1 hour after you drink the glucola.

Example: Arrival time 11 AM. Finish breakfast by 8:30. Drink glucola 10:30.

Drink glucola quickly, **it must be finished within 5 min** - don't sip - and **note the time finished**

Tell the receptionist what time you finished the glucola and tell the assistant who brings you to the exam room

Call our office at 260-222-7401 with questions

All pregnant women should undergo blood-based screening for gestational diabetes mellitus (GDM), as approximately 10% of all pregnancies are complicated by this condition. Failure to diagnose and properly manage GDM can lead to serious complications in both mother and baby.

In keeping with the American College of Obstetricians and Gynecologists (ACOG) July 2017 Practice Bulletin addressing this serious condition, we strongly recommend an approved screening test for all pregnant women. The only currently approved screening test consists of consuming a standardized drink containing 50 grams of glucose followed by a blood glucose test 60 minutes thereafter. For most patients, this test is performed at 28 weeks of pregnancy. In some cases, based on individual risks, we ask that you have the test performed at approximately 13 weeks of pregnancy, and then again at 28 weeks. Should your 50 gram, one-hour test results be abnormal, a more definitive 100 gram, three-hour test will be scheduled for you to determine if you actually have GDM.

We recognize, for a variety of reasons, some patients prefer not to undergo these tests. If that is your choice, we ask that you instead begin monitoring your blood glucose levels four times daily (morning fasting, and one hour after each meal) and plan to continue that for several weeks, if not the entire pregnancy.

One of these methods is required for us to be certain that you have not developed glucose intolerance during your pregnancy and thereby help us protect you and your baby from unrecognized/untreated GDM. Be aware, a decision to not utilize one of these two screening methods will preclude you from a trial of labor after a cesarean or having your baby at Holy Family Birth Center.