

**GESTATIONAL DIABETES SCREENING
(TWO- HOUR GLUCOLA)**

The usual third trimester blood tests are done between 25-29 weeks and include:

- Cell count to check for iron deficiency anemia and to check platelets.
- The gestational diabetes screen to identify women who may have pregnancy included diabetes.
- Possibly an antibody screen if you are an RH negative type.
- Possible urine test to check for urinary tract infections.

Screening for Gestational Diabetes Mellitus (pregnancy - related diabetes):

Gestational diabetes is the form of diabetes which can occur during pregnancy; most times without any symptoms. Identification of pregnant women who have gestational diabetes can help prevent some of the complications which can arise due to the elevation blood glucose (sugar) levels.

We screen all pregnant women between 25-29 weeks gestation. The most recent recommendation is that pregnant women be screened for this by two- hour glucose challenge test.

Instructions for the two-hour glucose challenge test:

Prior to taking the test; you may exercise as usual and eat an unrestricted diet for at least 3 days (>150gm of carbohydrate per day; the usual American diet consists of 250-300gm of carbohydrate daily.)

The test should be done in the morning after fasting overnight at least 8 hours. Drinking water is okay.

Your provider will have placed the order for the test. **You may have the test done at any of the PAMF lab locations.**

There is no appointment necessary, but preferred to avoid wait times.

The technicians will do the first blood draw (fasting blood glucose) and then have you drink the glucose solution (which is much like an orange soda.)

Then your blood will be drawn at 1 and 2 hours after drinking the glucola drink.

We will contact you with the results as soon as we can and they will become available through PAMF online as well. It is important to note the normal range for pregnant patients differs from non- pregnant patients. Therefore, we have provided the pregnancy range for your reference below.

Remember, this range will differ from the range you will see on your online result.

| 2 hour GTT (75 gm load) | Abnormal |
|--------------------------------|-----------------|
| Fasting | ≥92 mg/dL |
| 1 Hour | ≥180mg/dL |
| 2 hour | ≥153 mg/dL |

** 1 abnormal value = Gestational Diabetes

If your results are positive, we will advise you of our plan and refer you to work with the Nutrition and Diabetes Education Department at 650-853-2961.

Thank you for taking this very important step for a healthy pregnancy!