

Gestational Diabetes Testing

WHY DO I NEED MY BLOODSUGAR CHECKED DURING PREGNANCY?

During pregnancy, weight gain and changing hormones are normal, but these changes sometimes make it hard for your body to make or use a hormone called insulin. Without enough insulin, glucose (sugar) cannot leave the blood and be changed to energy. Instead, glucose builds up in your blood, causing high blood sugar (hyperglycemia). In pregnancy, 2 – 4 % of women who are otherwise healthy will develop gestational diabetes. This is a mild form of diabetes that can usually be controlled by a low sugar diet.

HOW COULD GESTATIONAL DIABETES AFFECT MY UNBORN CHILD?

An unborn child of a mother with untreated gestational diabetes is at risk for growing excessively large. This can result in a difficult delivery for both the mother and the baby. Infants born to mothers with untreated gestational diabetes frequently need IV therapy during the first days after birth.

HOW IS THE TEST DONE?

Please schedule your blood sugar test with the appointment coordinator between 25- 28 weeks of pregnancy. We recommend refraining from excess sugars and carbohydrates before your test. You will be given a bottle of Glucola (tastes like a very sweet flat soda) to drink within five minutes. One hour from the time you finish drinking the Glucola, our lab will draw your blood. The results are given to you that same day. Just because your 1 hour test was high, DOES NOT MEAN YOU HAVE GESTATIONAL DIABETES. This is only a preliminary test. If the results are abnormal you will be scheduled for a 3 hour glucose tolerance test.